



CLOSING A MANHOLE LID WITH A PRY BAR

Closing a manhole lid with a pry bar works good but make sure it is not working your back also. Because you have to reach out and have your feet out of the way when the lid closes, it is really easy to get careless and use your back. All you need to do is to take a wide stance so your feet are out of the way then bend your knees as you reach with the bar. This way your legs will be supplying the pulling power and your back will stay out of the picture. This is the way to work with your legs. Nobody wants a hurt back but you have to do something about it first, use your legs!!