



CLOSING A MANHOLE LID WITH YOUR FOOT

Using your foot to push a manhole cover shut is an easy way to do the job. It sure beats getting down and doing it by hand. But pushing it shut with your foot can easily throw you off balance and twist your back, especially your sacro-iliac joint. That is the same injury that happens when you unexpectedly step off a curb and you get a catch in your hip. The only way to avoid it is to get a wide stance and bend your knees when you push with your foot. That way your legs are taking up the work and any off balance moves you make. Protect your back and use your legs!