



CLOSING THE LID WITH THE ' ASSIST '

If closing lids and covers by hand doesn't bother you and you can do it with solid **POWERLIFT**[®] technique, then more power to you! If however, you find it to be a difficult job and it stresses your back, learn to use the assist. But remember, it is not only the task of sliding the lid on with the assist where you can get hurt, it is also the bending required to get down and position the assist hook into the cover. In other words, it is your body weight that you must keep off of your back. To do that, get down on one knee if you have to when you attach the assist, then get up and let your legs do the rest!