



HANDLING A WRAPPED UNIT- 2 PERSON

Lifting, turning, moving and stacking a heavy wrapped window unit can always be done much safer and easier with your legs. But to get the most out of your legs you must be in a wide stance with your knees bent. The wide stance gives your body the flexibility it needs to move and handle large heavy objects. It also adds strength to your body because your legs are twice as strong as your back and are made to do work like this. Leave your back out of the job and let your legs work for you!