



HANDLING CHOCK BLOCKS

The simple task of placing or removing chock blocks can lead to severe back injury because it is not the weight of the chocks that matters so much as does the weight of your upper body. Add to that the bend-twist that the low back is forced to do and this becomes an injury waiting to happen.

You can eliminate all of the risk of this job by using a Golfers' Bend to reach down for the chock. Be sure to bridge your free hand to the frame of the vehicle, then pivot off your opposite hip as you reach. This way your hip is doing the pivoting instead of your back doing the bending!