



## HANDLING RAMPS

When moving a ramp, always remember to use your legs and not your back. Ramps are large, bulky and heavy, and can easily force a back strain because of the leverage involved with handling them. As seen in the first illustration, this worker is lifting the ramp to slide it forward with his feet together, knees only slight bent, creating a back lift. Instead, handle ramps just like a weightlifter would handle weights or a wrestler would handle an opponent. As seen in this second illustration, this lifter is in a wide athletic POWERLIFT® stance which allows him to keep his back in NEUTRAL and his legs to do the work of moving the bulky ramp. This technique also helps keep the bend/twist forces off of your spine because your back is allowed to remain in neutral as your legs shift the weight of the load.