



You find yourself in an awkward situation like the illustration seen here. Notice how this worker is using his back like a crane to reach down into the pit. This is the fastest way to wear out your low back.

Instead, learn to use the Lean Bar Technique, in other words, let the surrounding equipment and structure hold you up. The way to make this work in the situation you see here, is to create a wide stance by putting one foot up and out, then leaning your opposite thigh into the form. This way the form is holding you up, not your back holding you up. If you want to have a good retirement, keep your back out of your work.

HANDLING REBAR (LEAN BAR TECHNIQUE)