



## HANDLING THE GUZZLER HOSE - KNEELING

Kneeling to handle the guzzler hose is just another back lift. You are simply standing on your knees instead of you feet and using your back. A much easier and safer way to kneel is with a Tripod Kneeling Stance. Leave one knee on the floor with the opposite knee up. This opens up your hip sockets so the bending is taking place at the hips instead of your low back. The Tripod stance is a great way to keep your back out of the job, when you have to be down low or on the floor to work!