



HANDLING THE MIX TRUCK LADDER

Even something as simple as lowering the ladder can hurt your back if you are using it to do the job. As you bend forward with the ladder and your back begins to twist, the low back ligaments stretch and can be torn.

To safeguard against this, use your legs with POWERLIFT®. Handle the ladder like any other load so as it comes down or is being lifted up you keep yourself in a wide stance with your knees bent. This will take all of the twisting out of the back and put it on your legs, where it belongs!