



INSTALLING BATTERIES

It is really hard sometimes to reach into an engine compartment and heft a heavy battery into position. Depending on the circumstance, you might be able to use the method seen above. Here the worker has created a bridge to the vehicle by putting his foot up on the bumper and leaning into the framework of the truck. Putting a foot up like this frees up your hip sockets so they can turn, taking the bending away from the back. Leaning into the framework of the vehicle transfers the weight of the battery off the lifter back into the frame. This method works exceptionally well and will go a long way to keeping your back healthy and able to work!