



## INSTALLING GUARD RAIL

Installing and wrenching on guard rail to install it can be a back-breaking job unless you get yourself down to the level of the work. Bending at the waist and using your back is not the way to do it however. A much easier method is to get down on one knee and assume the Tripod position. This method allows you plenty range of motion for bending and twisting without loading up your lower back. If needed, wear a knee pad to protect your knee. Going through the bother of wearing a knee pad is a whole lot easier than hurting your back!