



LIFTING A COMPRESSOR WITH THE HOIST

Using the hoist to lift a heavy compressor is a safe thing to do. But did you know that bending over at the waist to hook the hoist to the compressor adds just as much weight to your lower back as the compressor would if you were using your back to lift it, instead of the hoist? Remember that your upper body weight is as much a part of the lift as the item you are lifting. Keep your upper body weight off of your back by using a wide stance with your knees bent when you work. That puts the all weight on your legs, not your back and makes the job even safer!