



LIFTING ADIEM ATTENUATOR BLOCKS

Lifting an attenuator block off of a stack at the height you see above is relatively easy. But, because the blocks are quite heavy, you should not lift them with your back. As you lift the block and slide it off the stack, make sure you are using your wide stance with knees bent. This puts the load directly on your legs and leaves your back out of the picture. And one other thing, even though you might be a large, strong person, loading your back day after day will wear your back out just as fast as it does with smaller people. Decide that you are a leg lifter, not a back lifter. Your back will last much longer that way!