



## LIFTING A LARGE MICROCHANNEL COIL

You know you have to be careful when lifting a microchannel coil from the table but you don't have to use your back to do it. Get as close as you can to the coil by standing in a wide stance with knees bent at an angle to the table. This gets you close and also gives you room to bring the coil out to you. Lift and maneuver the coil as you usually would but this time you will be using your legs. Your back is simply not made for this kind of stress but your legs are. Use legs not your back always!