



LIFTING A LVCM COIL - TEAM LIFT

The illustration above shows two different ways of lifting. The worker on the left is not using a wide stance, his head is down and he is using his back. By contrast, the worker on the right has a wide stance, knees bent and his head up which puts his back into neutral. As you can see either way accomplishes the job, but what would you rather have yourself doing - using your back or using your legs. The choice is yours of course, but the best choice is using your legs. It is easier, faster and safer for you!