



Never, ever lift a pump like this. This is pure back lifting and will lead to the gradual build up of arthritis in your lower back.

Instead, stand at the corner of the pump in a wide Power stance. This gets you close to the load and keeps the stress off of your back. Then bend your knees and lift it with your legs. As the pump comes up, let it slide up onto your thigh so that your leg is carrying a good part of the weight.

Let the pump ride your thigh as you walk with it. This way your leg helps to take the load off your back and will make the job much easier on you.

## LIFTING A PUMP