



LIFTING ROLLS OF CHAIN LINK FENCING

Rolls of chain link are heavy and you know should not be lifted with your back. Everyone knows you should use your legs, but how do you get the most out of them? The strongest and easiest leg lift is going to be with a wide stance and knees bent. That position takes your back completely out of the lift and since your legs are twice as strong as your back will make the work easier. If you want to stay working and not become disabled, make up your mind that you are going to use your legs for everything you do on the job and at home!