



LIFTING WIRE USING THE GOLFER'S BEND

Another great way to lift wire is to use a Golfer's Bend. With heavy wire, the Golfer's Bend must be supported as seen in the illustration above. Support and balance yourself with one hand to any equipment or structure that is stable and will allow for a safe bridge. Next, use the Golfer's Bend technique by pivoting on one hip as you reach with the other hand to go down for the wire. Very importantly, remember to CROSSOVER. As in the illustration above, the lifter's left hand is supporting him against a vertical surface while the right foot remains down. In this way, you are crossed over, left hand to right foot, which frees up the right hip socket to turn as you reach down for your load. Keep in mind also, that for your right hip to turn, you must allow your opposite foot to come off of the floor.

Once you have used the Golfer's Bend to bring the wire to vertical, then step out in a wide POWERLIFT® stance and lift it to your shoulder. Using the Golfer's Bend combined with the POWERLIFT® technique, ensures that the entire process has been done with your legs and not your back.