



LOADING AN ATTENUATOR BLOCK TO THE TRUCK

Lifting an attenuator block to the side of a truck can become back work in an instant, unless you prepare your legs for the lift in advance. In other words, you have carried the block over to the truck and now must lift it to the height of the truck bed. Just before you begin the lift, step out into a wide stance, bend your knees and use your legs to heave it up. Preparing your legs like this puts you into a work stance. When you are working, don't use your back for everything. Get yourself into your work stance before you do the task and keep your back out of the job!