



Never use your back like a crane to do work like this. Instead, keep a wide stance and get close to the load. The wide stance makes room between your knees so you can get as close as possible. Another great idea is to bridge both elbows to your thighs as you lift and shift the load. That way all the weight of the load is transferred directly to your legs, bypassing your back.

Another way to stay close to the load is to step up and onto the forms. You need to watch your footing and be extra cautious, but that way you will not hurt your back. Standing alongside the forms and reaching for the load is not a good idea and will gradually lead to an arthritic back and a not so fun retirement.

## MOVING HEAVY FORMS