



OPENING A #9 FIBER VAULT COVER

So you've decided to leave your back out of your work and use your legs to pry up the vault cover handle. You did that by getting down on one knee to work the handle free. Now to lift the cover, stand over the corner in a wide stance and use one hand to lift it. But make yourself even stronger by bridging your free hand to your thigh as you lift. This sure beats using the back as a crane to lift the cover and you made the job easier on you by using good body mechanics as you work. This is using **POWERLIFT**[®] and will keep you fit to work for years to come!