



OPENING A #9 VAULT COVER BY HAND

Some vault covers are spring loaded and can be easily opened by hand. This is easy to do but it is also easy to forget and use your back when you do it. The problem here is not the weight of the cover but rather your upper body weight, if you are using your back. Your upper body probably weighs much more than the force needed to lift up on the cover. Your back does not know what is loading it, it just reacts to that load, whatever it is. So don't load your back with 100 or so pounds of body weight just to open a cover that might only take 30 pounds of lifting force to open. Keep your upper body weight out of the job by using a wide stance, bridged, **POWERLIFT**[®] !