



OPENING THE TRANSMISSION CRATE

When it comes to handling a transmission, one would think that opening the crate is the least of your worries. But very often, it is not the heavy things that hurt us because we are usually ready for them. Instead, it is the easier, light things we handle that tend to cause back injury. This is simply because as we do things like open a crate we tend to bend at the waist and twist the back. It is not the weight of the crate that hurts us then, but rather the weight of the upper body. Your upper body weighs much more than the lid of the crate. Keep your upper body weight off of your low back by staying in a wide stance and keeping your knees bent when you work. A POWERLIFT® stance is your work stance and will keep you able to continue working as the years go by!