



When pouring, there is no need to bend your back to move the chute. This is a habit that will wear out your back much sooner than you will ever expect.



To keep your back out of the job, push and pull the chute with your legs. As you can see here, bridging to the chute with your hips, allows your legs to do the pushing. To pull the chute, step back with one leg into a wide stance, bend your knees, and let your legs do the pulling. Either way you are taking the load off of both your upper and lower back and, at the same time, using the strength of your legs to do the work.

POURING CONCRETE