



## PULLING CHOCK BLOCKS

There are two really good ways to reach down and pull the chocks. First, you can use a one-handed, bridged, POWERLIFT®. This means you are using a wide stance and bridging your free hand to your thigh while the other hand reaches for and pulls the chock. The second way is with a Golfers Bend. This means that you are bridging to the vehicle with your free hand as one of your legs goes up and you reach for the chock with your other hand. Both of these methods work great and will keep the load off of your back and put it on your legs where it belongs!