



## REACHING INTO THE HAIRPIN BENDER TUB

There are two great ways to lift material out of the hairpin bender tub, depending upon if you need both hands or just one. If you need to use both hands, just use a nice wide stance, bend your knees and lift the material out with your legs. If you can do it with only one hand, then bridge your free hand to your thigh to do the lift. Either way works great to keep your upper body weight off of your back when you go down to pick the pieces. Don't get into the habit of always lifting your upper body weight. Instead use your legs, they are made for the job and won't hurt your back!