



Never, ever, work using your back like a crane when screeding. This way your back has to hold up the weight of your upper body, plus the weight of the equipment. Eventually this will lead to wear and tear type arthritis in your lower back and to a painful, not too exciting retirement.



Instead, always use a wide POWERLIFT® stance when working. A wide stance lets your hips do the bending instead of your back. When your hips do the bending, your low back can stay in a neutral position, which puts the load on your legs instead of your back.

## SCREEDING