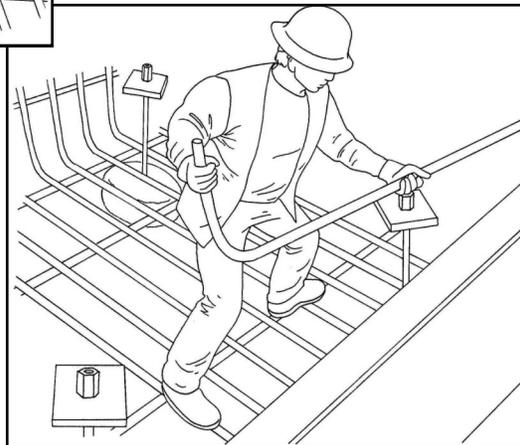




When you are in a tight space and have to bend and twist to tie rebar, never use your back like this. Using your back will gradually wear down the joints which leads to bone spurs which ends up with you having a limited and painful retirement.



Instead, try to always find a place to put your feet into a wide stance. A wide stance allows your hip sockets to take up the bending and twisting and not your back. This is the way to protect your back all through your working lifetime.



## TYING REBAR