



UNLOADING GUARD RAIL

To pull a section of guard rail from the transport you want to use all your body strength, not just your back. To do that, you need to position yourself in a powerful pulling position. Stand with a wide stance at an angle to the rail, bend your knees and pull with your legs and upper body strength. This stance keeps the pull load off of your back and lets your legs and upper body do all the work. Think of it as pulling on the rope in a tug-o-war contest. You would use the same positioning which would make you strong enough to win the contest!