



HANDLING THE HOZE

You should never allow yourself to work with your back like the guy on the left. Not only is it the weight of the hose that is loading his back, but also the weight of his upper body. It is the upper body weight that we haul around all day that makes us tired and wears out the back. Get rid of your upper body weight by standing in a wide stance, knees bent and if at all possible, with the hose bridged to your thigh. The wide stance and the bridge are what can make this job much easier on you than the old fashioned back lift. Use wide stance and bridge whenever you can!