## Cushman<sup>®</sup> Turf Care System cuts equipment costs 35%, labor costs 50%.

Purchase one of the basic Cushman Turf-Truckster vehicles available in 3 or 4 wheel models with 12 or 18 hp. Then add as many of the new modular accessories as you need for the work you have to be done. No need to buy another expensive vehicle. In minutes you can attach the module you need by using simple pins that slide in and out. No need for tools.



## 84" TRIPLEX

National's 84" Triplex is one of the best hill-climbing, rough terrain machines made today. Operates as efficiently on an 83 per cent grade as on a level. Its no-nonsense design makes maintenance easier and faster.

## 68" TRIPLEX

With its low center of gravity and wide track, National's Model 68 maneuvers sharply, climbs banks and hillsides easily and safely. Unit mows a 68-inch swath at speeds up to 4 MPH...that's half an acre in 15 minutes. Wings fold to 37½".

Don't look for chrome frills or shiny hubcaps on <u>any</u> National Mower... we've been adding nothing but quality since 1919.

CALL JERRY, JOHN OR TIM FOR DEMONSTRATION ON CUSHMAN'S NEW "FRONT LINE" MOWER SPREADING Spread up to 40' swath.



Mounts on Truckster chassis. No need for separate engine.

SALES • SERVICE • PARTS CUSHMAN MOTOR CO., INC. 2909 E. Franklin Avenue • Minneapolis, Mn. 55406 PHONE: 612 • 333-3487

## PREVENT BACK PROBLEMS

Maybe it's happened to you. The box didn't look that heavy and it didn't have to be moved that far, so you decided to pick it up and carry it yourself instead of waiting for help or using a dolly. As you lifted it, you felt a sharp pain in the lower part of your back, a pain that stayed with you for weeks. Maybe it still gives you trouble. According to the National Safety Council, approximately one out of every four occupational injuries occur during the manual handling of materials. Many of these accidents result from improper lifting methods. Here is the recommended procedure for lifting heavy objects: 1) Part your feet so that one foot is alongside the object to be lifted and the other is behind. 2) Crouch close to the object and keep your back straight, as close to vertical as possible. 3) Tuck in your chin so that your spine remains straight through your neck and head. 4) Grasp the object firmly with both hands, using the palms as well as the fingers. 5) Tuck your arms and elbows close to your body as you draw the object toward you. 6) Position your body so that its weight is centered over your feet. Start the lift by pushing on your rear foot as you straighten and stand by using your leg muscles instead of your back.

Before you lift an object to move it, make sure your route is clear. If there are obstacles, move them first. If you will need help with doors, stairs or elevators, make sure someone will be there to lend a hand. Avoid twisting your body as you carry a heavy object, as this is a leading cause of back injuries.

Reprint FORE FRONT