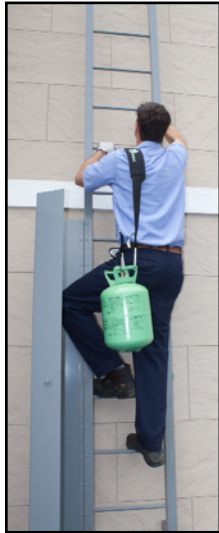


# JugLugger Strap Carrying Techniques



## Climbing: Same side carrying technique

When climbing a ladder while carrying equipment, secure your refrigerant cylinder or tool bucket to the Juglugger carabineers. Once properly secured, you will be able to safely climb the ladder while maintaining 3 points of contact on the ladder. Using the Juglugger will improve ladder work safety and efficiency with every job.

[www.osha.gov/Publications/OSHA3625.pdf](http://www.osha.gov/Publications/OSHA3625.pdf)



## Walking: “Messenger bag” cross body technique

When carrying refrigerant cylinders from the truck to the jobsite, use the cross body technique with the strap over your non-dominant shoulder and the cylinder at your other side. This will limit excessive sidebending stress on your spine thereby limiting wear-and-tear forces on your lumbar discs.

<http://ijahsp.nova.edu/articles/Vol10Num4/pdf/Qureshi.pdf>  
Spine. 32(24):E713-E717, November 15, 2007



## Alternate connection technique

An alternate connection technique can be used when cylinders have only 1 handle and/or handles are too large to connect around. Simply put one snap link through the integrated handle opening and connect to second snap link.

