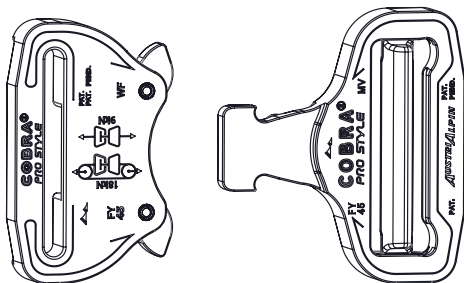
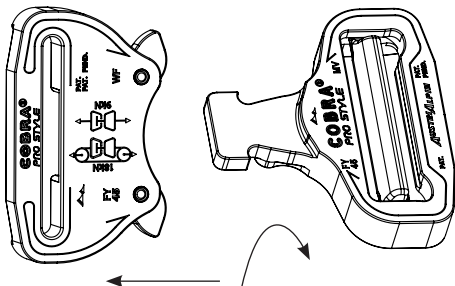


To avoid unnecessary and premature wear and prolong the life of your hardware, please practice proper form while removing heavy loads.



CORRECT

Release and pull ends directly apart



WRONG

Do not twist