EMT: Using Hand Bender

A back-to-back bend results in a “U” shape in a length of conduit. It’s used for a conduit that runs along the floor or ceiling and turns up or down a wall.

**Step One:**
After the first 90° bend is made, determine the back-to-back length and mark on EMT.

**Step Two:**
Align this back-to-back mark with the star mark on the bender, and bend to 90°.