

A METAL SUPPORT**ABSTRACT**

A metal support for lifting a metal object is provided. The metal support includes an attachment wall having a first face and a second face opposite the first face, a cover wall having an outer face and an inner face opposite the outer face, and a beam extending substantially perpendicularly from the second face of the attachment wall and terminating at the inner face of the cover wall. The metal support is configured to be fixedly attached to the metal object at the first face. Also provided are a weight and a method of lifting a metal object using a plurality of such metal supports, and methods for load testing, stabilizing and compaction of ground and ground protection using at least one such weight.

FIG. 1A