



WORKING IN LOW COOLER AND FREEZER CASES

When you find yourself working in low cases it becomes especially important to remember good body mechanics. Never stand on both feet doing a back bend as you work in the case. Instead give your back a break and let your legs do the work. The best way to do this is seen in the illustration above. This worker is using a Tripod Lift position to take the stress of bending into the case off of her back. In this way the hips do the bending and not the back. Hips are made for this job, the back is not!