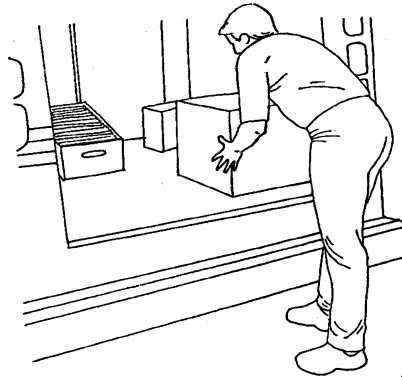
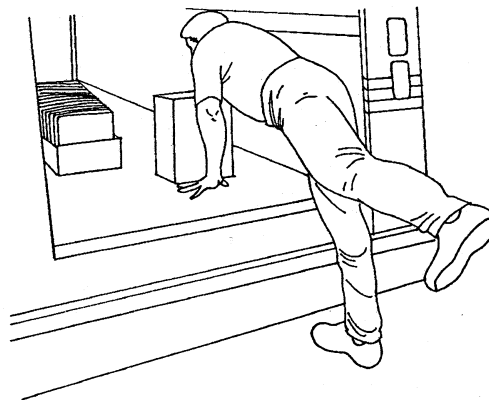


Never use your back when working the LLV. Working like this week after month after year leads to many back related problems that can and will plague you in older age.



Another great way to move mail is with a Golfer's Bend as seen here. This way your hips are turning instead of your back bending.

Always keep your back out of the job by using one of the POWERLIFT® methods you have learned. To use a POWERLIFT® just make sure you keep a wide stance and use your legs instead of your back.



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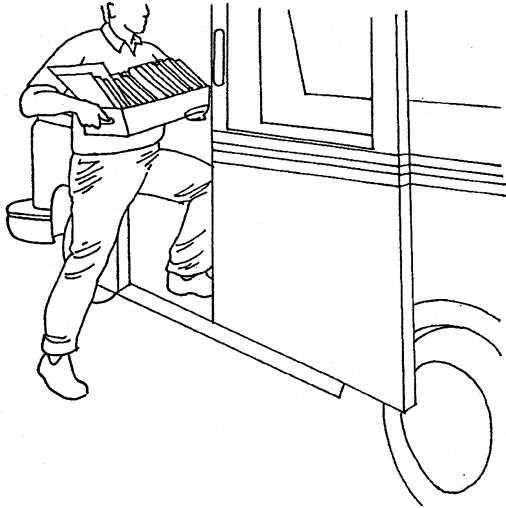
When inside the LLV always try to keep a wide stance. There is not always room for your feet but when there is, take advantage and step into a wide power stance and protect your back.

Here are two great ways to load up the delivery tray from the side door. First learn to carry the tray with one arm under it. In the long run this is easier because the weight of the mail stays closer to you as you walk with it.



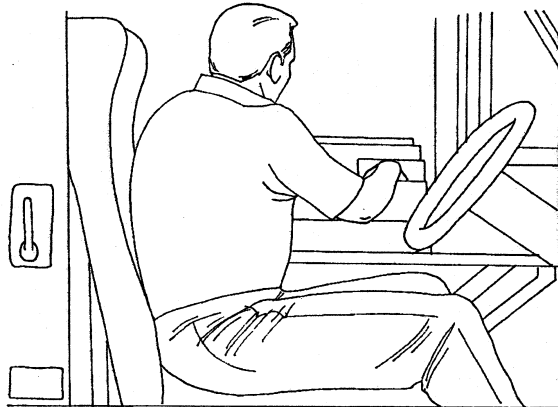
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The easiest way to load the delivery tray is to put one foot up into the doorwell as you place the tray of mail. If you already have mail placed in the doorwell remember that you only need room for one foot to make this work. Those that have tried this method report that it is much easier to load heavy grey trays with a foot up. Try it you may like it!

Finally, think about all the bending and reaching you must do while in the drivers seat. Swiveling the seat can help relieve this back stress but what works best is to **STRETCH**. Healthy people realize that you must counteract the daily stress on the body with something positive. That positive action is stretching on a daily basis. The more limber you keep yourself during your working years, the better you will feel in the later years.



LOADING & UNLOADING THE LLV

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