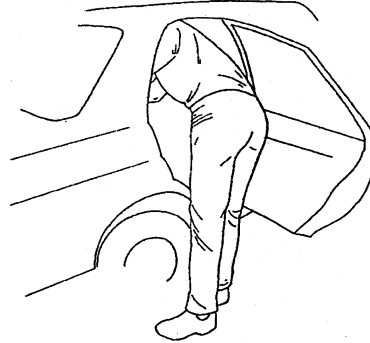
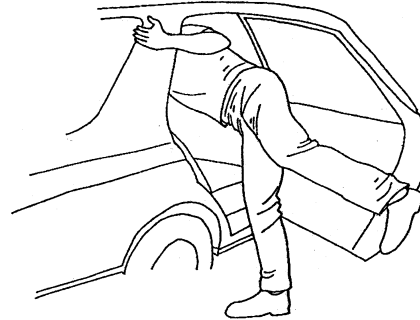


Never ever use your back to enter and exit the inside of your vehicle. Think about how many times you do this on a daily basis as you load and unload mail from the inside of your car, van or jeep. After years of using your back it is no surprise that it can become worn out and begin dictating to you what you can and cannot do in life. Instead, try one of the following techniques.



Remember, anything that you can back lift you can POWERLIFT®. Instead of standing with your feet together bending at the back try using a wide stance POWERLIFT®. The wide stance allows your back to stay in neutral as your hips do the bending instead of your back.

Another great technique is to use the **Golfer's Bend**. This is another way to let your hips do the bending instead of your back. With a Golfer's Bend you can reach into your vehicle farther and with less effort than with a back lift. If you need both hands to lift, first pull it to you with the Golfer's Bend, then step out into a wide stance and finish the job with a POWERLIFT®.



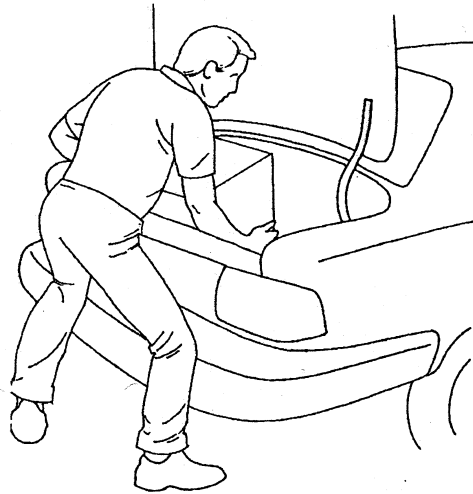
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If you need to lift with both hands and have to stretch to reach the object, try putting your foot inside the vehicle as you reach. This really helps to keep your back out of the lift and with your foot inside the vehicle much farther.

Working mail out of the trunk can be very hard on your back. Instead, remember to use the **Lean Bar** method. Lean your thighs against the bumper while in a wide stance to handle the mail and watch how the load moves from your back to your legs. If the bumper is dirty, wet or hot, drape a towel across the lip of the trunk for protection. If it is not possible to lean on the bumper remember you can still work the trunk in a wide stance or with a Golfer's Bend.



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