



## REACHING UP TO HIGH SHELVES (GOLFER'S BEND)

The Golfer's Bend not only works for low shelves but also to reach up high. By letting one foot come up when reaching, your back stays out of the work and you will be able to reach farther.

Be sure to bridge one hand to the shelving and if necessary, come up on the toes of your standing foot.

Leaving both feet on the floor restricts your reach and brings your back into the task, making you more tired than necessary after a long day on the job.