



REACHING INTO LARGE BOXES FOR PARTS

Reaching into a large box with one hand to lift parts can be made really easy if you learn to use a Golfers Bend. To do it, bridge your free hand to the box, then, lift your leg up as you reach in for the part. This lets your hip do the bending and not your lower back. The bridge supports your upper body weight and you can use your upper body strength to help push you back up to a standing position. The Golfers Bend is a great tool to use as you work. It is safe, fast and easy!