



## REACHING INTO THE MACHINE

There are two ways to reach into a machine without using your back.

This worker is using a Golfer's Bend to reach. Note that as he does this he is leaning one thigh into the machine for support while the opposite foot comes up. The Golfer's Bend is easy to do and keeps your back out of your work.

Another way to reach is by using the Lean Bar Technique. Do this by leaning both thighs into the side of the machine while bending your knees just a little. This way the side of the machine is holding you up, not your back. These techniques will help keep you from wearing out your back as you go through your working years. That way you can have a comfortable retirement and enjoy doing what you like to do without an arthritic back.