



LEANING INTO COOLER AND FREEZER BINS

Any time you find it necessary to lean into bins, try to let the side of the compartment hold you up, instead of you holding yourself up. Do this by simply leaning one or both thighs into the side of the bin. If the bin you are working with has a foot rail like that seen in this drawing, place one foot up on the rail, and then lean your opposite thigh into the bin. This is a very comfortable position to work in. It also lets your hips do the bending into the bin, instead of your back.