



LIFTING DOWN FROM A HIGH SHELF

Bringing items down from a high shelf can be an unwise thing to do if the object is too heavy or bulky, if you are of short stature, or if the shelf is too high for you. In those cases, it is best to use a step stool or ladder for the job or ask for help. If however, you can handle the job and the object is not too heavy or bulky, here is a great technique. Assume you are up on your toes to reach the item and begin to slide it off the shelf toward you. As the item nears the edge, it will begin to tip down onto you. As the item tips down to you, quickly step one foot out into a wide stance. That way the weight of the load will be caught by your legs instead of your back. Note in the illustration above, that the instant the load began to tip down onto the worker, he stepped out to catch it with his legs. You must be somewhat coordinated to make this work, so if you don't feel comfortable with the task, get a step stool or ASK FOR HELP.