



Think about how many times each day and week you lift mail out of hampers. Continuously using your back like this will eventually lead to arthritis and all of the other problems that come with it.

There are three great ways to lift mail out of the orange hampers. A standard POWERLIFT® as seen here should be your normal go to lift. The cut out in the side of the hamper allows for lots of room so you can go down low to reach mail while keeping your wide stance.



LIFTING FROM THE ORANGE HAMPER

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Another great way to lift from an orange hamper is with a Golfer's Bend. This way your hips are doing the bending and not your back. Just remember to touch your thigh to the side of the hamper to give you a sense of balance as you reach in for the mail.

Finally, if your hamper is pushed up against something solid like a wall, you can use the **Lean Bar** method. Lean your thighs into the side of the hamper as you reach in for mail. This way the side of the hamper is holding you up keeping your back from having to support you and the weight of the mail.



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