



When loading the delivery tray from the side door it is always a good idea to step a foot up to the door well. This creates a strut out of your leg and makes the job of placing the heavy grey tray up onto the delivery tray easier on your back as the day goes on.

Because the delivery tray on the FFV is close to the side door, using a POWERLIFT® stance works really well also.



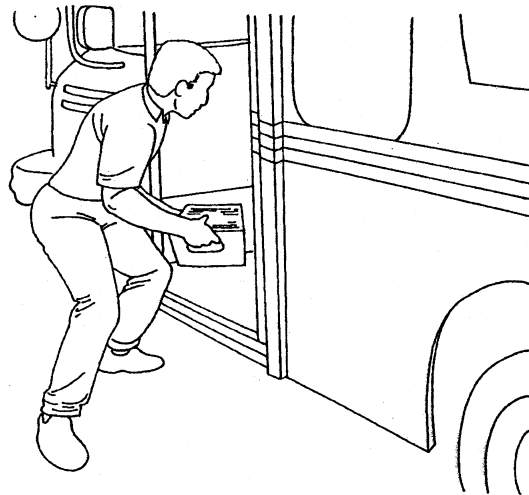
## **LOADING & UNLOADING THE FFV**

Page 1



When placing mail trays under the delivery tray never use your back like you see here. Your back, like any machine, can only be used so many times before it becomes worn out and arthritic.

Instead place mail under the delivery tray with a wide stance POWERLIFT®. This allows your hips to do the bending instead of your back.



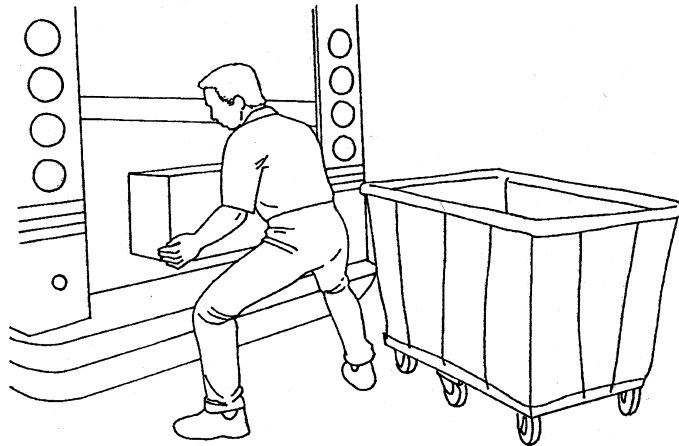
## **LOADING & UNLOADING THE FFV**

Page 2



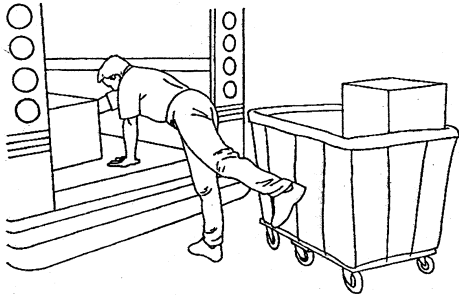
Loading the back of the FFV can easily be done using POWERLIFT® technique. Notice how this carrier is using a POWERLIFT® and is tipping the parcel before he lifts it out of the hamper.

As he sets the large parcel down into the back of the FFV he continues to protect his back by staying in a wide stance. All the weight of the parcel is on his legs instead of his back.



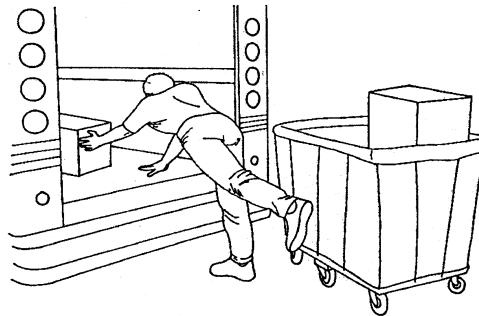
## **LOADING & UNLOADING THE FFV**

**Page 3**

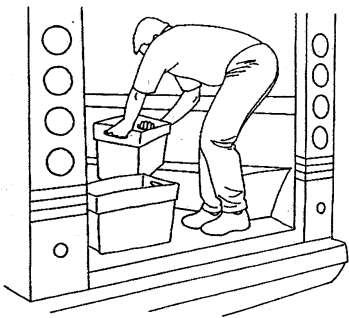


Using a Golfer's Bend is also a good idea. You will be able to reach farther and your hips do the bending instead of the back. Notice that this carrier is doing a **CROSSED OVER** Golfer's Bend. He has his **right** foot on the ground and is supporting himself with his **left** hand.

This is an example of a **NON CROSSED** Golfer's Bend. He has his **right** foot on the ground and is supporting himself with his **right** hand. This combination results in a twist to the back and should not be used. Always cross over - opposite foot and opposite hand.



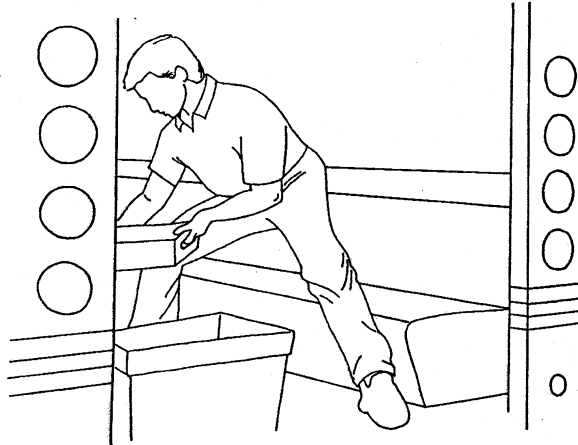
When inside the FFV try to avoid standing in a back lift position like this. Back lifting only serves to wear you out faster than necessary.



## **LOADING & UNLOADING THE FFV**

Page 4

Instead whenever possible find a place for your foot and create a wide stance. That way your back stays in neutral and your hips do the bending instead of your back.



The stress of sitting in the driver's seat twisting all day long, along with all the other stressful tasks you must do, can result in wear and tear to your body. Everybody has to deal with it no matter what your occupation. Smart people however try to counteract the negative effects of stress with stretching and exercise. Don't be one of those people who becomes old before their time. Stay healthy by eating right, exercising and stretching.

## **LOADING & UNLOADING THE FFV**

**Page 5**