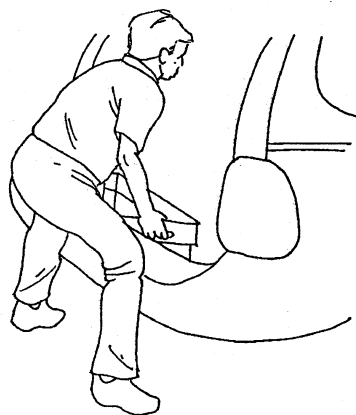


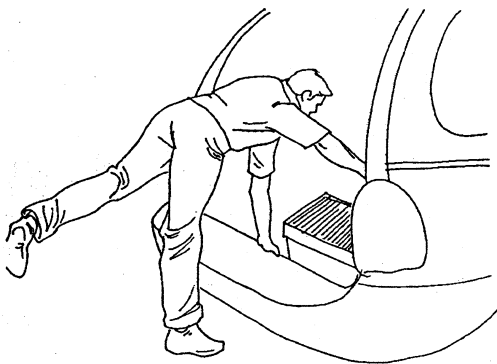


If you are working from the rear of the van and the bumper is high enough to contact your thigh, try using the **Lean Bar Technique** to reach and lift. Resting your thighs against the bumper and using it for leverage will put the lifting load on your legs and take it away from your back. If for whatever reason you can't lean on the bumper, you can still keep yourself in a wide POWERLIFT® stance while you do the job. Remember, if you can back lift it you can POWERLIFT® even easier.

Although using a van for mail delivery and pick up has many advantages, it is still very important to be conscious of back lifting. Never use your back on a repetitive basis to reach into the van. Years of this type of lifting can leave you with a worn out lower back when it is completely possible to avoid this outcome.



When reaching deep into the van for mail try using a **Golfer's Bend**. Your reach will be greatly extended and it will take much less effort to pull the item to you than it is with a back bend. Once the mail has been pulled close to you it is easy to step out into a wide stance to lift it. This way you are protecting your back every day of the week, month and year.



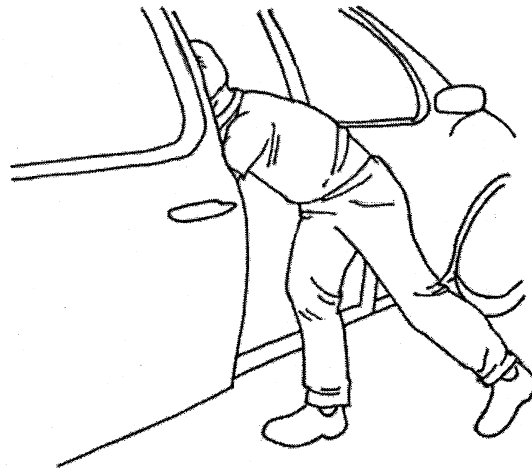
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Working the side of the van can be a little harder on your back because you can't use the Lean Bar method. Instead, use a wide stance POWERLIFT® technique whenever possible. Think about how many times each day you are required to reach into the side of the van. Every one of those back lifts helps to wear down your back. Save your back from wear and tear by using POWERLIFT® instead.

For reaching deep into the side of the van use a **Golfer's Bend**. This allows your hips to do the bending instead of your back. Just pull the mail to you with a Golfer's Bend, then pick it up with a POWERLIFT®.



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