



REACHING FOR CONES

There are two ways to reach into a truck to retrieve things like cones, and both of these keep your back out of the job. First, you can use a Golfers Bend for the reach. When one foot comes up off the ground, your opposite hip can pivot for the reach, instead of your back bending for it. Second, you can use a Lean-Bar technique to reach in. For that, just spread your feet out and bend your knees just a little. Then, lean your thighs into the side of the truck for the reach. That way the truck is holding you up, not you holding you up. Both of these methods work great and will keep your back out of the job of reaching and lifting!