

OPENING THE OVERHEAD DOOR

It is unbelievable the amount of stress that occurs at the shoulder joint when you use only <u>one hand to open the door</u>. To relieve that stress, all that 's needed is for you to <u>Bridge your other hand to the door and</u> use it to help push the door up while the opposite hand is pulling the door up. Less daily stress means less aches and pains later in life!

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