



LIFTING OUT OF TALL FREEZER BINS

If the freezer bin you are working out of has relatively high sides, you can take much of the stress out of the job by using a Golfer's Bend. The key to a successful Golfer's Bend is to always lean one thigh into the side of the bin. That way the bin is holding you up and not your back. Also, your hips end up doing the bending instead of your back, and your strong leg muscles do the work of the lift. This is a very efficient and strong way to reach in and lift, and it will keep you from wearing down your back.