

REACHING FOR ITEMS TO BAG

As you reach for items to bag <u>lift one foot off the floor and use a Golfers Bend</u>. As your foot comes up your hips can rotate instead of your back bending for the reach. Using a Golfers Bend often will keep your back muscles from tightening up and becoming sore and fatigued. Use the Golfers Bend, it helps you to get through your day!

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