



As seen in the illustration to the left never use your back while inside the vehicle for moving mail. Keeping your knees and feet together while kneeling forces you to use your back.

Instead, get your legs involved by creating a wide stance even when on your knees. Kneeling with your knees apart allows you to rotate better at the hip sockets, which leads to less back bending and more leg lifting. In addition, with a wide kneeling stance you will be able to reach farther off to the side than with your knees and legs together. A good way to think of this is that when kneeling you are actually standing on your knees instead of your feet. So to create a POWERLIFT® stance, in this case spread your knees and lift with your legs.



CLIMBING INSIDE THE VEHICLE