



Just as with loading and unloading from the back of the vehicle, working at the side of the vehicle can be done with several different methods. As seen to the left, the most basic maneuver is a wide stance POWERLIFT[®]. Whether putting mail in or taking mail out, you must open up your stance with a 45° angle to the vehicle in order to give yourself room to maneuver the load.

Another alternative method is to use a Tripod Lift as seen to the right. This is especially useful if you are working low to the floor of the vehicle.



LIFTING FROM THE SIDE OF THE POSTAL VEHICLE

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Working low in the vehicle also can be accomplished with the same wide stance POWERLIFT® technique used for lifting. Here again our worker has created a wide stance but stands at a 45° angle to the vehicle in order to create room to work. Standing too close to the vehicle cramps your space which makes it difficult to keep your back out of the work.

Finally, a Golfer's Bend can be used if only one hand is required for the lift. Note that the worker is using a crossed-over Golfer's Bend. He is supporting himself with his left hand while his right foot remains on the ground. This cross-over technique allows for good stability and a long reach.



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