



When loading and unloading mail at the back door of the larger trucks there are two ways to create a Power Stance. As seen in the illustration to the left, the Lean Bar Technique can be used to eliminate back lifting. Any time you lean your thighs into a solid object, such as the rear bumper of the truck, you have created a Lean Bar. Leaning into the bumper recruits your hip and leg muscles into the reaching and lifting. Another variation of the Lean Bar would be the Golfer's Bend. Here, instead of two thighs leaning into the back bumper, you allow one thigh to lean, while the opposite foot comes off the ground, pivoting you on your standing hip. This is a simple Golfer's Bend and will also help to keep your back out of the lift by using your legs.

A third technique, as seen in the illustration to the right, is to place one knee inside the truck while the opposite remains on the ground. This creates a wide stance and allows you to get much closer to the load inside the bed of the truck. Think of yourself as standing on one foot and one knee when using this technique.



MAIL TRUCK

Loading and Unloading at the Back Door