



PACKING BOXES

Instead of reaching down to an open box on the floor to pack or unpack, try these two techniques. Place the open box on top of another box for easier access. If you have them, use corner flap restraints to get the box flaps out of your way. Then, instead of using your back to bend into the box for every item, use your legs. If you are tall enough, you can stand at the corner of the box in a wide stance and bend your knees, instead of your back. The trick is to always place your feet along the sides of the box instead of standing at a 90 degree angle at the side of the box. That way you can stand much closer because your knees will be out of the way.

If you are short and a wide stance won't work for you, try a Golfer's Bend. This is the most efficient method for bending down into a container. The trick with the Golfer's Bend, however, is to always make contact with the box before you bend. Touching the edge of the box with your stomach area will give you an immediate sense of balance and make the Golfer's Bend a very easy technique to use.