



One of the more common, tasks that almost everybody does, at least occasionally, is to lift hot pans out of the oven.

I think you would all agree that the most common way of removing hot stuff from the oven is to stand directly in front of the door, open it, then bend forward with the back to lift the baked goods. All of this being done, of course, while being careful not to burn your legs on the oven door. There is a very simple way to avoid both the back lift and burning your legs.

First, consider lifting things from the oven as being what it really is - a lift. Using the principles of good **POWERLIFT®** technique, approach the oven door from the corner with a wide stance rather than head-on with a narrow stance. Notice that a wide stance allows you to get much closer to the interior of the oven. In addition, the wide stance keeps your inner legs away from the hot oven door and, for an extra bonus, your face will not have to be directly over the hot air rising from the oven.

This entire process is simple and effective and provided you are willing to try something new can go a long way towards saving your back. Remember that it's not the one lift that wears out your back, but rather the many.

PULLING HOT STUFF FROM THE OVEN