



## REACHING INTO DRUMS & BARRELS

There are at least two ways to reach down and into drums and barrels. The first is a Golfers Bend and should be used when you have to reach deep into the drum. This works good if you have to reach in with both hands. The second is a One-handed Bridged POWERLIFT<sup>®</sup>. This one works great if you can grasp the object with one hand, because then the opposite hand can be used as a bridge to the drum to tie in your upper body strength with your lower body strength for the lift. Both of these will keep your back out of the lift which will keep you from wearing it out prematurely!