



REACHING TO OPERATE MACHINERY

You can see that this worker is using a Golfers Bend to reach in and operate the machine. This is a really good idea because, as his foot comes up off the floor it allows the hip socket to do the bending instead of the back. Hip sockets are made for this kind of work, your back is not. The really important thing to remember here, is that for the hip to rotate the foot has to come up off the floor. If the foot doesn't come up, the back will be forced to compensate and do the work. Using the Golfers Bend is a great habit to get into because every little bit of stress you save your back counts in the long run!