



To take the load off the back while working the Jogger, use the lean bar. To do this, simply lean the middle or top of your thighs on the bar as you reach forward for the mail. Try to do this with your knees bent slightly and your feet spread a medium distance. Remember also, to reach for the next tray, be sure to move your foot in the direction of the reach so as to avoid bend/twist. Then as you approach the Jogger, simply kick out in a medium wide stance and automatically lean against the Lean Bar as you reach for mail across the Jogger.

- ▶ Have operators try doing this job both with and without the Lean Bar.

## USING THE LEAN BAR AT THE JOGGER