



USING THE STOCK LADDER - GOLFERS BEND

Here 's another great way to retrieve items with the stock ladder. This worker is using a Golfers Bend to reach into the shelf and pull out stock. Doing this lets your hip do the pivoting and bending instead of your back. But it is very important to bridge your free hand to the rail of the ladder as you do your golfers bend. Bridging like this adds a huge amount of stability to this task and lets the strength of your upper body help with the lift. A golfers bend is always a great way to reach and lift if you can handle the item with one hand. Be safe, use your legs instead of your back for everything you do!