

# How to Reach Like a Pro

## 1. Arrange your work area.

- Move items out of the way if it helps get you closer to your work.
- In some cases, tilting items towards you can reduce the reach.

## 2. Think about your technique.

- Keep your elbows close to your body as much as possible.
- Step closer or move your position to reduce the reach.
- Slide or push items, instead of lifting them.
- Initiate movement with your feet. This helps ensure your “toes stay aligned with your nose” and reduces the chance of twisting your back. If seated, turn your chair.
- When reaching forward, stagger your stance by placing one foot forward and one foot back. This transfers more of the effort to your legs and reduces stress on your back. For an extended reach, try lifting your back leg and feel the difference it makes.
- Avoid reaching with your hands above your shoulders. If seated, stand. If standing, use a stepstool or ladder.
- Don't reach your arm behind you. Turn your entire body to face the item.
- If passing items across your body, make sure neither hand crosses the center line of your body.

## 3. Reset.

- Stretching can help reduce muscle fatigue, increase circulation, and make you feel better.
- Remember to check in with your body and see how you feel throughout the day.

