解:

$$f(-x) = \sin(-x) + \frac{1}{\sin(-x)} = -\sin x - \frac{1}{\sin x} = -f(x)$$
 故 ① 错误,②正确 
$$\sin x, \frac{1}{\sin x} \text{ 均关于 } x = \frac{\pi}{2} \text{ 对称, 则 ③ 正确}$$
 法二:
$$f(\frac{\pi}{2} + x) = \sin(\frac{\pi}{2} + x) + \frac{1}{\sin(\frac{\pi}{2} + x)} = \cos x + \frac{1}{\cos x}$$
 
$$(f(\frac{\pi}{2} - x)) = \sin(\frac{\pi}{2} - x) + \frac{1}{\sin(\frac{\pi}{2} - x)} = \cos x + \frac{1}{\cos x}$$
 显然  $f(x)$  可以小于 0, 故 ④错误