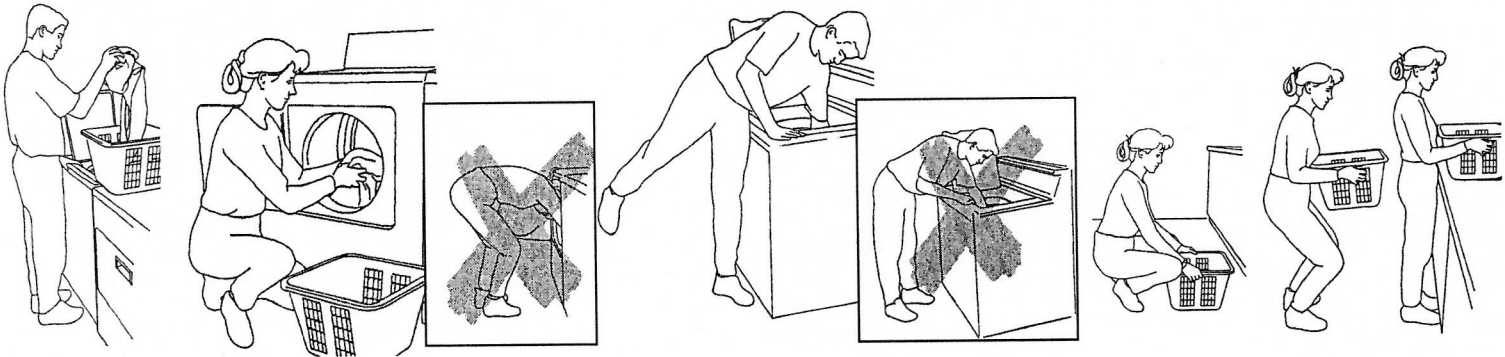
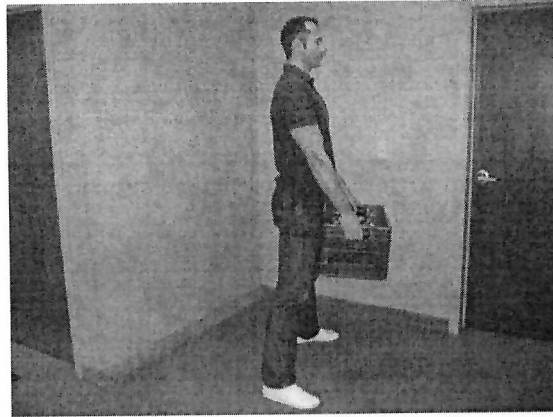
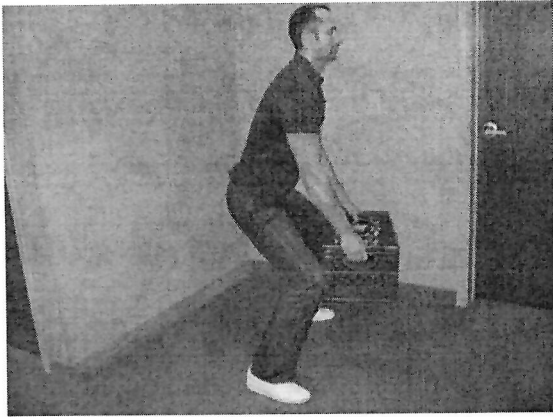


Power Position



Laundry

- Keep basket at waist height when sorting laundry
- Squat or half kneel to get clothes in and out of front loading washer or dryer, avoid bending at waist
- Use golfer's lift to get clothes out of top loading washer
- Use squat or power position to lift laundry basket from floor.

Sweeping and Vacuuming

- Use long handle equipment to avoid stooping
- Keep broom or vacuum close to your body
- Stay upright, step or lunge with your legs to push the vacuum
- Avoid bending at the waist or reaching with your arm
- Pivot with your feet, don't twist your trunk

