



There are two times during the day when your back is most vulnerable to injury, in the morning and when you are fatigued. To protect yourself in the morning as you bend over the sink, be sure to use a wide **POWERLIFT®** stance. Then if you are using just one hand, as in brushing your teeth, bridge the other hand to your thigh. The bridge transfers all of your upper body weight directly to your thigh, bypassing your low back. This is a great way to protect yourself from injury!

BENDING OVER THE SINK EARLY IN THE MORNING