



Putting clothes into and out of the washer/dryer is usually a repetitive back lifting job. What makes it worse is the fact that it is not the weight of the clothes that matters, but instead the weight of your upper body that your lower back must hold up. The best way to get away from lifting your upper body weight as you load and unload the washer or dryer is to stand at the corner of the machine in a wide POWERLIFT® stance and bend your knees a little. This position lets your legs do the work of holding up your upper body weight and takes it off of your lower back.

USING THE CLOTHES WASHER AND DRYER