



Pulling hampers loose is a job that tends to be somewhat clumsy just because the hampers are so big and bulky. Even though it may seem difficult, always try to figure out how to use wide stance when doing this job rather than pulling the hampers with your back.

If you are standing directly in front of the hamper you can create a wide stance by standing nearly parallel to the front of the hamper but with one foot set back slightly to give you some leverage with your legs.

Or you can create a POWERLIFT[®] by standing at the corner of the hamper. This way one foot is along side of the hamper while the other foot is in front giving you an immense amount of power to pull with your legs rather than your back.

- ▶ Practice pulling hampers with your group. Be sure to make this a problem solving session where everyone can give their opinion about what they find to make pulling hampers easiest.

PULLING HAMPERS