



RELATED BED DUTIES

HANDBOOK PAGES: 58-59

There are many tasks we perform relating to beds. These include making the bed, moving the bed, cranking the bed into various positions, as well as raising and lowering side rails. These types of tasks tend to be '**automatic**' in that many times we really do them without conscious thought. The problem is that bad habits can easily slip into the job.

Protect your valuable back by making a wide POWERLIFT[®] stance an '**automatic**' action also. You will be surprised to find that using wide stance will often let you squeeze into tight, cluttered areas where there is not much room to maneuver. Wide stance will protect you in nearly all circumstances if you simply try to make it an **automatic habit**.