



Putting dishes in the dishwasher is usually a repetitive back lifting job. What makes it worse is the fact that it is not the weight of the dishes 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 dishwasher is to stand at the corner of the washer 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 DISH WASHER