



WRINGING OUT THE MOP

Ringing a mop like you see above is risky business. This is because it puts your back into a bend-twisted position that is actually the most common way that workers hurt their backs. Keep your back out of the work by using POWERLIFT® to wring the mop. To do it, stand over the mop bucket in a wide stance and bend your knees. Then, just the opposite of lifting, use your legs to settle your body weight into the mop handle. It is your body weight that wrings the mop and not your back in a bend-twisted position. This is just another way that you can keep the wear and tear off of your back and keep yourself healthy and able to work!