



## MOPPING UNDER LOW OBJECTS

Most often, when you see someone mopping under low furniture, you will see them bending at the waist and using the back. You should remember that it is not the weight of the mop handle that is loading the lower back but instead the upper body weight. We tend to forget about our upper body weight, but most of the time it is much heavier than the thing we are lifting. To keep your upper body weight out of the job, spread your feet wide, bend your knees and rotate forward at the hips instead of bending your back. This position will put the weight of your upper body on your legs taking it off of your low back. Be aware of your upper body weight. It can hurt you more than the things you are actually lifting!