



Tipping a stack of hampers at first glance looks like a harmless enough activity, however there are two moments during this move that can lead to a back injury. One is when we give a sudden pull and jerk with our back to get the hampers starting to tip. This can lead to a sudden impulse to your back while your back is in a bend/twist position. The second danger in this activity is if you lower the hampers to the floor with your feet only shoulder distance apart. This forces your back into another bend/twist because the weight of the hampers will be pulling you towards the floor as they go down.

Always use wide stance POWERLIFT® for this activity. That way the jolt of getting the hamper starting to tip is taken up with your legs. Your legs can also be used to lower the hampers all the way to the floor without a bend/twist to the back.

- Get your group together and problem solve as well as practice tipping a stack of hampers to the floor. Decide whether it is ok to let them drop or if your facility's policy is that they be lowered to the floor.

## TIPPING A STACK OF HAMPERS