



Try to never lift mail from a hamper with your back like you see in this drawing. Doing this every day will eventually wear your back down. That can result in a back injury or even worse, a back full of arthritis to keep you company during your retirement years. Instead there are two other methods that can work well for you.

First, if you don't have to reach deep into the hamper you can use a POWERLIFT®. This takes your back completely out of the lift and lets your legs do the work.



Second, if you have to reach deep down into the hamper try a Golfer's Bend. This allows your hips to do the bending instead of your back. Either way works great and will protect your back through your working years.



LIFTING FROM THE HAMPER