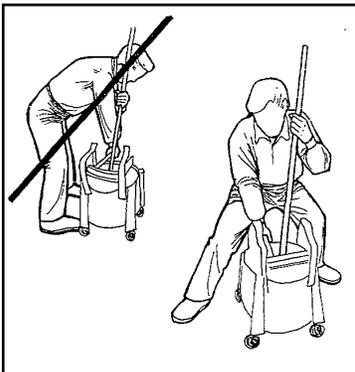
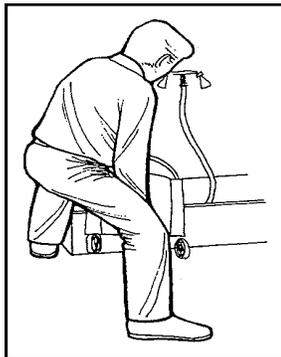


Instead of mopping, using the figure 8 sweep of the mop, try standing with both feet at a 45 degree angle to the line you are mopping. Then, by rocking back and forth on both feet, with slightly bent knees, you will find your legs can push and pull the mop rather than your back. If mopping in a straight line motion, such as when mopping under a table, stand at a 45 degree angle to the handle of the mop and with a wide stance, use your legs to push the mop back and forth, rather than your back.



Wringing Out the Wet Mop: Never wring from the side of the bucket. This produces a bend/twist motion in your back. Rather, face the bucket, taking the mop handle in your left hand, with the wringer handle in your right hand, then with a wide stance, use your legs to lower your body weight into the wringer handle.



Emptying Mop Buckets: Stand at a 45 degree angle to the sink, with your legs over the mop bucket. POWERLIFT® the bucket up, then teeter the bucket on the edge of the sink, and dump the contents.

MOPPING FLOORS