



BENDING AND LIFTING

We bend down to lift many more times each day than we realize. Just getting dressed in the morning requires about **15 bend/lift motions**. Consider putting on your shoes and socks. We bend/lift for each sock x 2, each shoe x 2 and tie each shoe x 2 for a total of 6 motions. It is estimated that the average person does at least **5000** such bend/lift motions per month. Working in the Long Term Care or Hospital environments requires even more bending and lifting of sometimes small items. These can be bending to tie a patient's shoe, picking up linens, meds from the med cart, a pen you dropped and on and on.

Importantly, it is not the weight of these small items that will hurt you, but instead it is **your own body weight** that your back must lift that wears you down. Keep your body weight out of the lift by using one of the 5 Basic **POWERLIFT**[®] Techniques that you have learned for the lift.