



HOUSEKEEPING DEPARTMENT

There are an infinite number of tasks that must be performed in the **Housekeeping Department**. We can use **POWERLIFT**[®] for nearly all tasks. However, there are always problem situations that crop up where it is impossible to use good, safe technique. These are the moments when we need to **stop, think and get help**.

A large amount of time is spent **bending and reaching** to clean and maintain the facility. It is important to remember that one episode of bending and twisting will not hurt your back. Rather it is the constant, repetitive nature of these bad habits that will eventually wear your back down.

Look through the **Mini Sessions for Industry and Home** to review different scenarios reflecting both at **work** and at **home** housekeeping activities.