



MAKING BEDS

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The problem with making beds is with the fact that as we **bend/twist** to lift the mattress we tend to give our backs a sudden extra insult as we push the sheet under the mattress. This is actually the most hazardous position we can put ourselves in. To remedy this, simply stay in **wide stance** and **bend your knees** which allows the hips to do the twisting and the legs to do the lifting instead of the back. You will feel much stronger when you let your legs do the work.