



SHOVELING

Please don't ever work like you see the person doing, above left. This is pure back work and will quickly wear out the joints of your lower back. The lower back is especially sensitive to twisting motions while under load which tear the disc and leads to premature arthritis. Instead, learn to step into the direction of the effort. In other words, use your legs to haul the load as you pivot on your hips. This keeps the low back joints in neutral and prevents the gradual tearing of the discs and ligaments. Respect your low back, it is the most important work tool that you have!