



About 50% of people, when they vacuum, will do it with a repetitive bend/twist motion of the back. This happens let's say if you are right handed and you have the right hand on the vacuum cleaner handle, with your right foot forward. To push the vacuum then requires a bend/twist action of your back. Instead of that, use the standard POWERLIFT[®] formula. Stand at a 45° angle to the load. In other words, if your right hand is on the vacuum, put your left foot forward instead of your right, spread your feet and use your legs to push the vacuum.

VACUUMING