

How to protect your back at home

Emptying dishwasher



When you fill or empty the dishwasher: You must avoid repetitive torsion (twisting) and flexion (bending the spine forward from the waist) movements at back level.



Place one knee on the floor or crouch (squat) near the dishwasher to empty or fill it. Keep your back straight and core tight. Place dishes on the counter. Put the dishes away by standing centered to the cupboard. Make sure you closed the dishwasher so that you are not reaching over it!

Lifting a heavy load



To lift a load (or even a lightweight object): Never lean over while bending your back (rounding back) and lock your knees. This method considerably increases the stress on the structures of your spine.

When lifting a heavy load: Lower yourself into a semi squatting position by bending at hip and knee level. Keep your head upright, your back straight and maintain the lumbar curve (lower back curve). Tighten your abdominals and use the strength of your legs to push off the ground until you're back to standing position. Breathe!

How to protect your back at home

Picking up a light load



When crouching to pick up a light load: Avoid bending your back even if you are picking up a light object such as a pen or sock.



To pick up a small or lightweight object such as a pen: Keep your back straight, tighten your abdominals, and bring the trunk of your body forward while simultaneously raising one leg backward. The knee of the leg that is in contact with the ground (supporting leg) should be slightly bent.

Lift yourself back up by bringing the extended leg to its initial position. Breathe!

Vacuuming



When vacuuming: Avoid straining your back which is caused by leaning forward (bent back), rotating your spine (twisting) and not moving your legs.



To vacuum: Keep arms close to body and centered. Place feet in a stepping/lunge position (feet front-back) and move from front to back by transferring your weight from one leg to another. Keep your good posture by bracing your abdominals. Breathe!