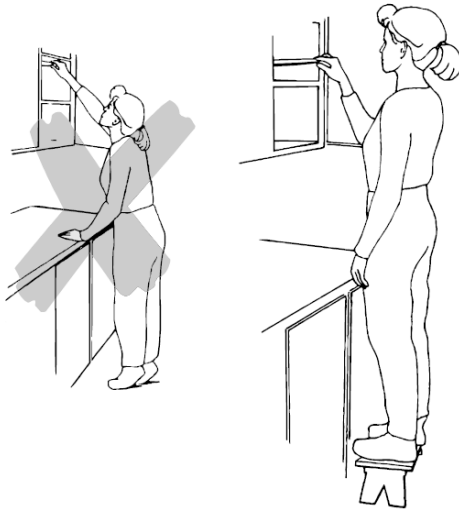




Good posture during daily activities

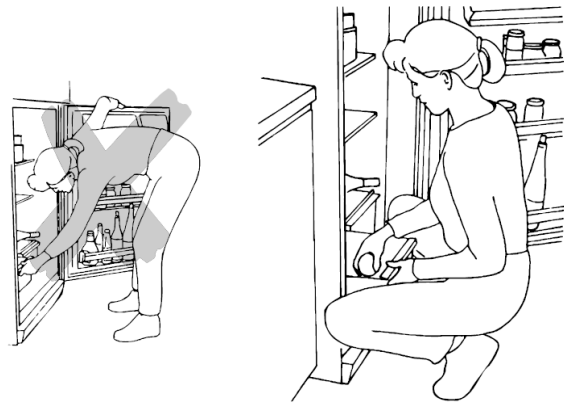
High Surface Activities

- Use a stool or a ladder for ease of reach to avoid straining the neck and toes/feet.
- Avoid placing heavy or bulky objects overhead.



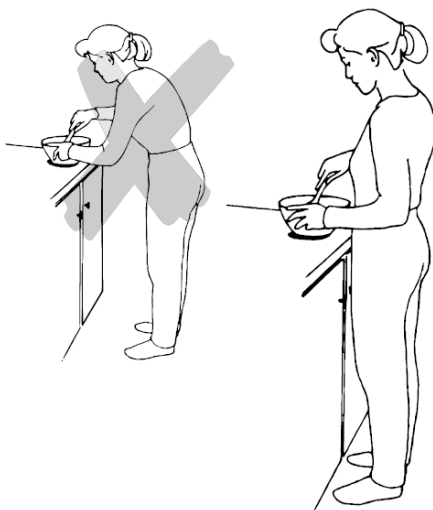
Low Surface Activities

- Bend at your hips and knees as much as possible to prevent your back from slouching excessively.
- If you have to work with objects at a low level, sit on a stool to avoid straining your back and legs.



Activities in Standing

- Adjust the height of surface to place the object you need to work on to avoid bending and straining your back and neck.



Lifting

- Bring yourself nearer to the object/child.
- Place one foot in front of the other.
- Bend at your hips and knees. Use the strength of your arms to lift the object/child close to your body before standing.
- Avoid arching backwards in standing when carrying a load as this may strain your back.



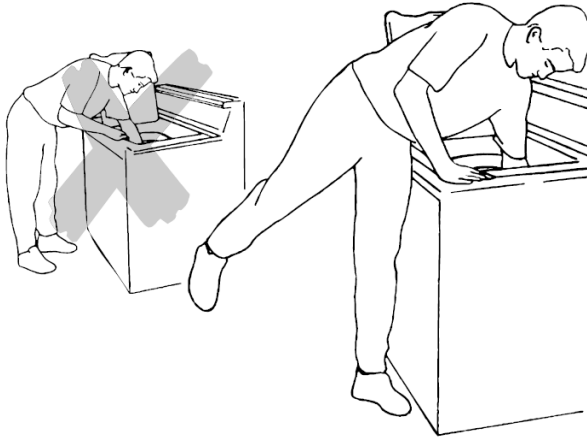
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Retrieving laundry / objects from waist level

- Stand close to the washer / object.
- Lift one leg to keep the back in a straight line when retrieving the laundry/objects.
- Retrieve a few pieces at a time as lifting heavy loads repetitively may increase risk of straining your back.



Sweeping floor

- Use a longer broomstick to prevent yourself from bending forward excessively.
- Keep your back straight when sweeping to avoid bending and straining your back. Step back and forth, or to the side to move the broomstick.



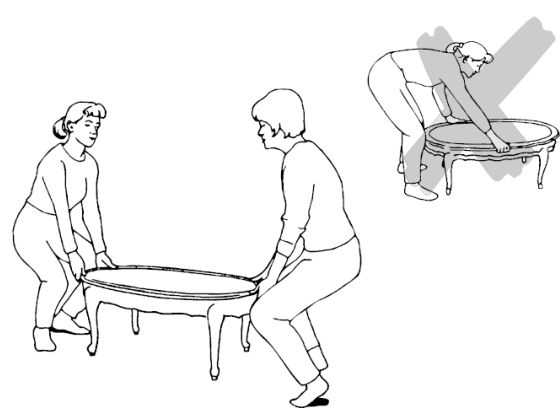
Brushing / cleaning over the sink

- Put one leg on the ledge or a stool to avoid bending and straining your back.
- Use a cup to bring the tap water to you instead of bending over to reach the tap.



Ask for Help

- Do not overestimate your ability to lift.
- Ask for help or delegate the task to others.
- When lifting together, coordinate the lift: "1-2-3-Lift" or "1-2-3-Down"



Avoid staying in a stationary position for too long or working on the same task repeatedly.
Do take frequent breaks every 20-30 minutes, to stretch, change posture or activity.
[Eg. Sitting to standing/walking, standing/walking to sitting.]

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