

VACUUMING

Household chores are essential, yet can wreak havoc on the body when done with improper body mechanics. It is not always possible to maintain perfect form while doing housework due to the varied nature of it; however, attempting to keep abdominals engaged and being mindful of your body mechanics as much as possible can help avoid injury or exacerbation of current condition. The guidelines for vacuuming can be applied to other upright activities such as sweeping, mopping, and raking, to name a few.

Guidelines:

- Hold vacuum with both hands as able, keeping the weighted part of the machine as close to your body as possible
- Perform motions keeping abdominals engaged, with legs staggered for support.
- Keep trunk upright with movement initiated by legs as opposed to trunk/back muscles



CORRECT



INCORRECT