



BASIC POSTURES AND TECHNIQUES

Basic postures:

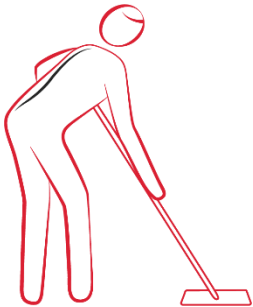
To support the natural body postures, we refer to them as **basic postures**. These basic postures are where you begin with various activities. You will note that you unconsciously already use some of the postures shown below in your daily activities.

3 typical basic postures with some points for your attention:



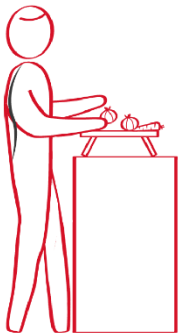
Squatting (by bending your legs):

- Maintain the natural S-curve of the back.
- Take a wide stance with your feet.
- Stand as close as possible to your load.
- Look forward.
- Bend with your legs, limit how deep you bend.



Front-back spread stance:

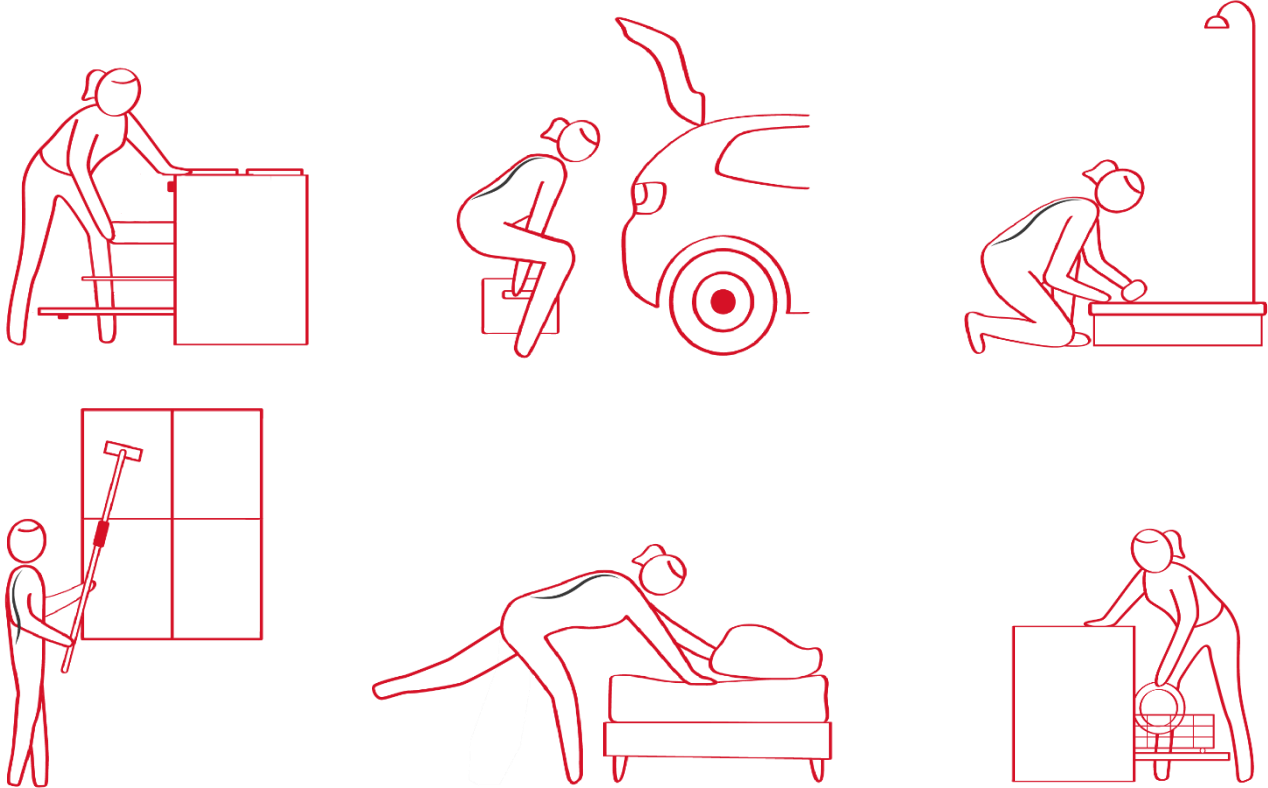
- Place one foot forward, the other in back.
- Stand close to the task you are performing.
- Bend your knees slightly.
- Maintain the natural S-curve of your back.



Sideways spread stance:

- Take a broad stance with your feet.
- Keep your standing posture flexible.
- Maintain the natural S-curve of your back.

These basic postures are the starting point for taking care of your body while you work. It is logical that the basic postures will be slightly adapted to meet the demands of certain tasks in practice.



Basic techniques

During work there will regularly be tasks in which you have to wring out a towel. Test the following techniques for wringing out a towel or rag:

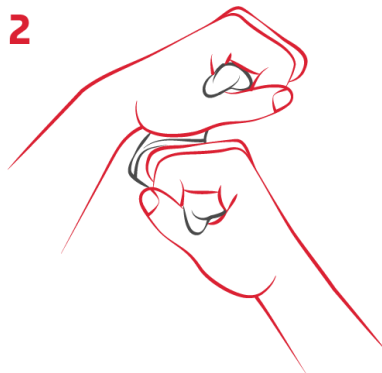
- Hold your wrists out with your forearms extended.
- Use your elbows and shoulders to provide power.
- **Method 1:** Wring the towel out by crossing your hands.
- **Method 2:** Use the stretching movement of your arms to wring out the towels.

Method 1:

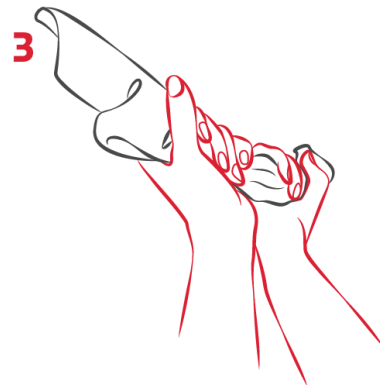
1: Make a bowl



2: Twisting motion



3: crossed arms



Method 2:

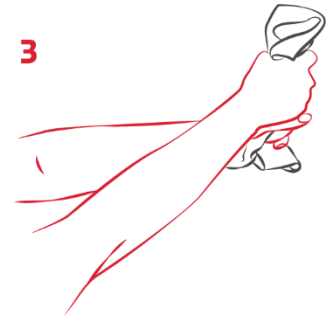
1: Hands on top of each other



2: Slight stretch motion



3: Full stretch position



Change between various tasks and postures

Vary between different tasks by working from one room to the next. This allows you to continuously alternate between tasks and thus also between different body postures.

Dusting, vacuuming, mopping,... you do these best room-by-room in contrast to floor-by-floor. In this way you get sufficient variation in your posture and avoid long exposures in a single posture which over the long term can be hard on your body.

Additionally, you can switch among postures when doing the same task. When you sweep under chairs, for example, you can choose among different postures.

Key points:

- Listen to your body and vary your posture.
- Where possible maintain the natural S-curve of your back in the various tasks.
- Stand close to your load.
- Where necessary, bend slightly at the knees.
- Reduce horizontal twisting motions (with your back). Instead place your feet so that they are in line with your chest.
- Make sure you have a good stance (e.g. place your feet in front-back spread stance).
- Work from the legs.
- Check your material:
 - Is the handle long enough (+/- 150cm) or telescopic?
 - Do I have a safe stepladder available?