



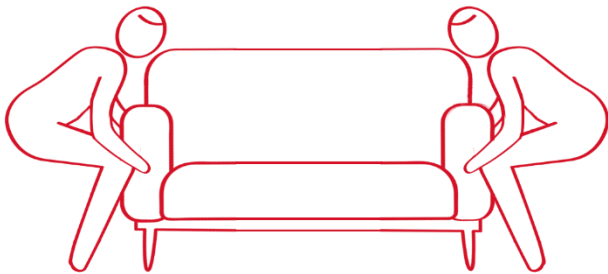
MOVING FURNITURE

It sometimes happens on the request of the client or in order to carry out your tasks more easily, you will need to move furniture, chairs, tables, rugs, the bed, plants, etc. It is important to consider the weight when you want to pick up a load.

Note:

- You may lift up maximum 10 kilos.
- Move furniture by pushing it instead of lifting it.
- Lifting chairs tables, beds, double-mattresses, etc.,... may only be done by 2 persons. If the client is not present to help you, you can put the chair in a better location by pushing it.

May sure that you communicate well with the 2nd person when you move a heavy object.



Quick check:

- Where do I want to move the object?
- Do I need to make room for it first?
- Can I move the object by pushing it instead of lifting it?

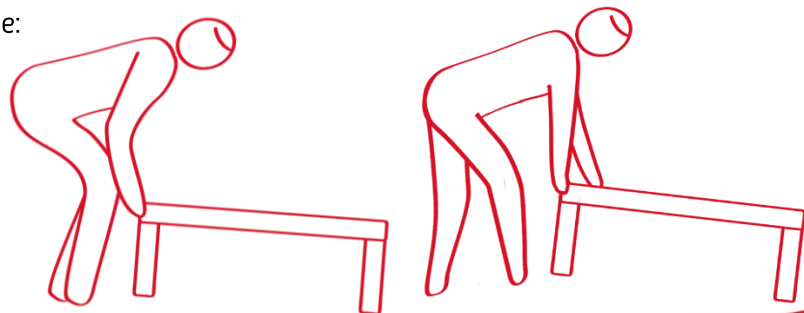
Tips:

Pushing:

Moving (pushing, pulling, turning...) is encouraged instead of lifting. Push or pull with your arms extended and use your bodyweight.

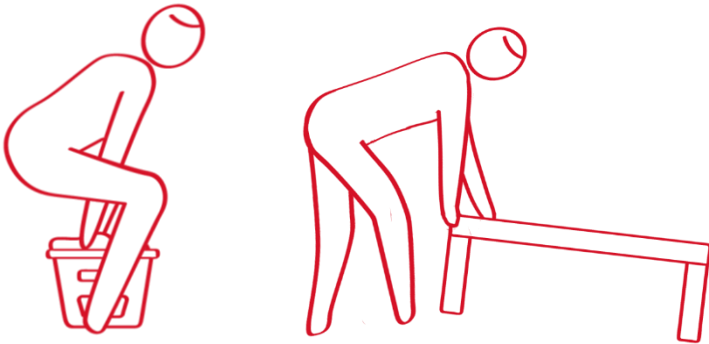
Use the forward-backward spread stance:

- Broad support base;
- Use your bodyweight;
- Extend your arms.



If you need to lift, select a good basic posture:

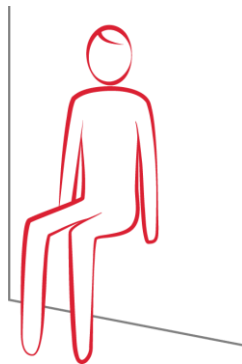
- Natural curvature;
- Stand close to the load;
- Bend with your knees.



Stretching exercises

Leaning on the wall:

- Sit with your back against the wall;
- Bend at the knees.



Leg stretch (hamstrings)

1. Sit down, stretch your leg out and draw your toes to your nose.
2. Keep your knee remains straight and lean forward slightly.

