



DOING ERRANDS

Doing errands for the client.

Quick check:

- Are the items reasonably distributed in weight?
- Are there possible tools, e.g. boxes, caddies,...?
- Do you have enough room?
- Is there a cloth in the car?

Tips:

Basic posture:

Make sure that the objects in your errand can be placed in the car with a good basic posture:



Bend and lift from the ground:

Bent at your legs and make sure that you have a broad support basis.



Place in the boot:

Forward and backward spread stance.



Distribute the weight:

Instead of one very heavy bag, load several lighter ones.

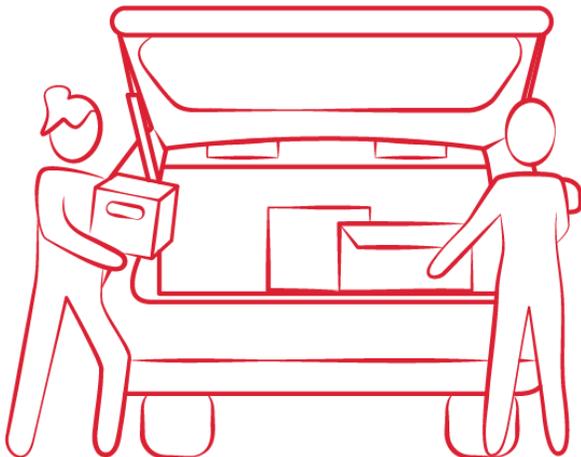


Unloading errands?

- Know your trajectory and know what you are carrying;
- Make sure you have room, that there are as few obstacles as possible (closed doors, narrow doorways) in your path or that your path can be broken up into pieces (measure out space).
- When loading or unloading the boot put your feet in line with your spine instead of turning with your back.

Support points:

Use support points on the back of the car and drag loads (deep) in the boot toward you before lifting them.



Slide loads in the boot and make sure that the heavy loads are handled close to you.

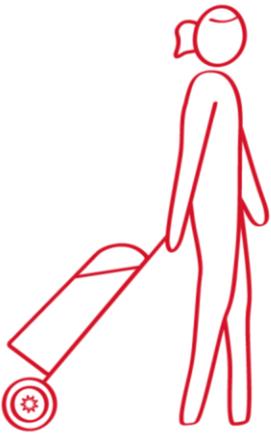
- **Tip:** A sheet on the bottom of the boot can help you pulling or pushing your loads without damaging the car itself

Stand close to the car while loading and unloading.

- **Tip:** use the sheet to protect the car's exterior or bumper
- Place heavy loads close to you.

Drag the caddy next to your body:

- Interesting for covering longer distances.



Stretching exercises

Shoulder stretch:

- Bring your hand to the opposite shoulder.
- Bring your elbows closer to your body.
- Keep your shoulders low.



Leg stretch:

- Take alternating long lunges forward.

