



## WASHING AND DRYING LINEN GOODS

Washers and driers are often used during an assignment. Unfortunately, the hatches of these machines are often too low. To deal with this, we have some tips on taking care of your body.

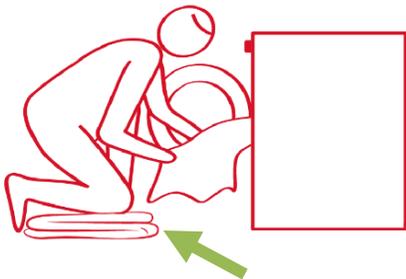
### Quick check:

- Do I have enough room?
- Can I place my materials around me?
- Can I place the laundry basket at a convenient height somewhere?

### Tips:

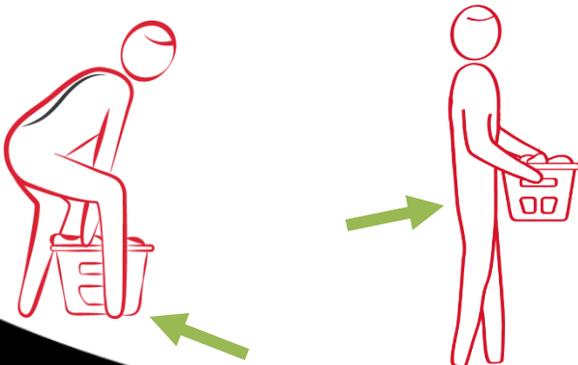
#### Using the washing machine:

- Bend at your legs (forward and backward).
- Use a rolled-up towel to kneel if possible.
- Find supporting points if possible.
- Little space around the washing machine: Place the laundry basket under the washing machine door. Combine this with a supporting point on the washing machine and stretch one leg behind you.



#### Linen basket:

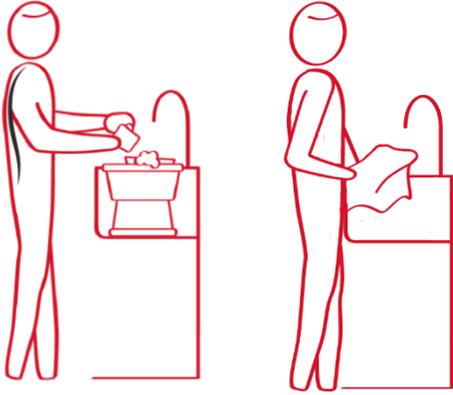
Place your feet well apart when picking up the linen basket (contains the load).



## Manual washing:

Adjust your working height as a function of the task:

- If you have to leave laundry to soak or it is just a hand-wash you have to scrub:
  - This determines the height (see file 5);
  - E.g. when scrubbing work below elbow height.
- Place the washbasin at a convenient height if necessary and possible;
- Bend slightly at the knees and support yourself against the washbasin if the height cannot be adjusted.



## Hanging up laundry:

Hanging up linen goods:

- Place the laundry basket e.g. on a chair or low table.
- Make sure this is below elbow height.



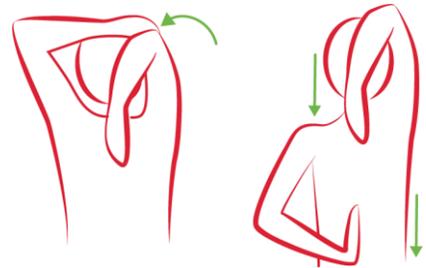
## Measuring your work:

- Do not overload the laundry basket (measure out the weight)
- Alternate among different tasks (distribute over time)

## Stretching exercises

### Stretching shoulders:

- Stretch one hand between your shoulder blades.
- Give an extra stretch with your other hand or use a towel.



### Stretching your legs (hamstrings)

- Sit down and stretch your leg, pulling your toes toward your nose.
- Make sure that knee is straight and lean forward.

