

# Taking Care of Your Back

**Picking up a bag from the floor:** Bend from the hips and knees while maintaining the low back's natural curve by keeping it curved forward.



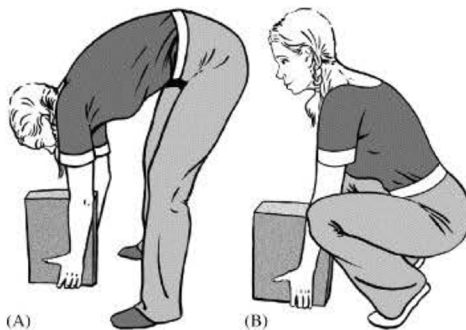
Picking up a bag from the floor:  
(A) incorrect and (B) correct

**Putting something into the car:** Hold the object as close to your abdomen/chest as possible. Keep your spine upright while avoiding the tendency to bend from the waist.



Putting something into the car:  
(A) incorrect and (B) correct

**Lifting:** Keep your spine upright by bending at the hips and knees. Keep your chest lifted in front while maintaining your spine's natural curve. In addition: (1) avoid lifting during the first half hour of the day; (2) avoid lifting immediately after sitting for a long time period (over 40 min).



Lifting from the floor: (A)  
incorrect and (B) correct