

# Proper Lifting Techniques

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# Background

- Moonlighted as a Professional Organizer
- Nights and Weekends dedicated to *#ClutterFreeWenatchee*
- Passion turned to pain

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**BEFORE**



**AFTER**

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Constant lifting, moving, bending...

# WRONG



# RIGHT



**BEND KNEES  
AND SQUAT**

**USE LEG MUSCLES,  
NOT YOUR BACK**

**"HUG" ITEMS CLOSE  
TO YOUR BODY**

Lift with  
your legs!!

We all know it...

Like "Stop, Drop, and Roll"



# Take-a-ways

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- What is your big lifting chore/project?
- Think of an acronym or phrase to say each time.

Thank you!

