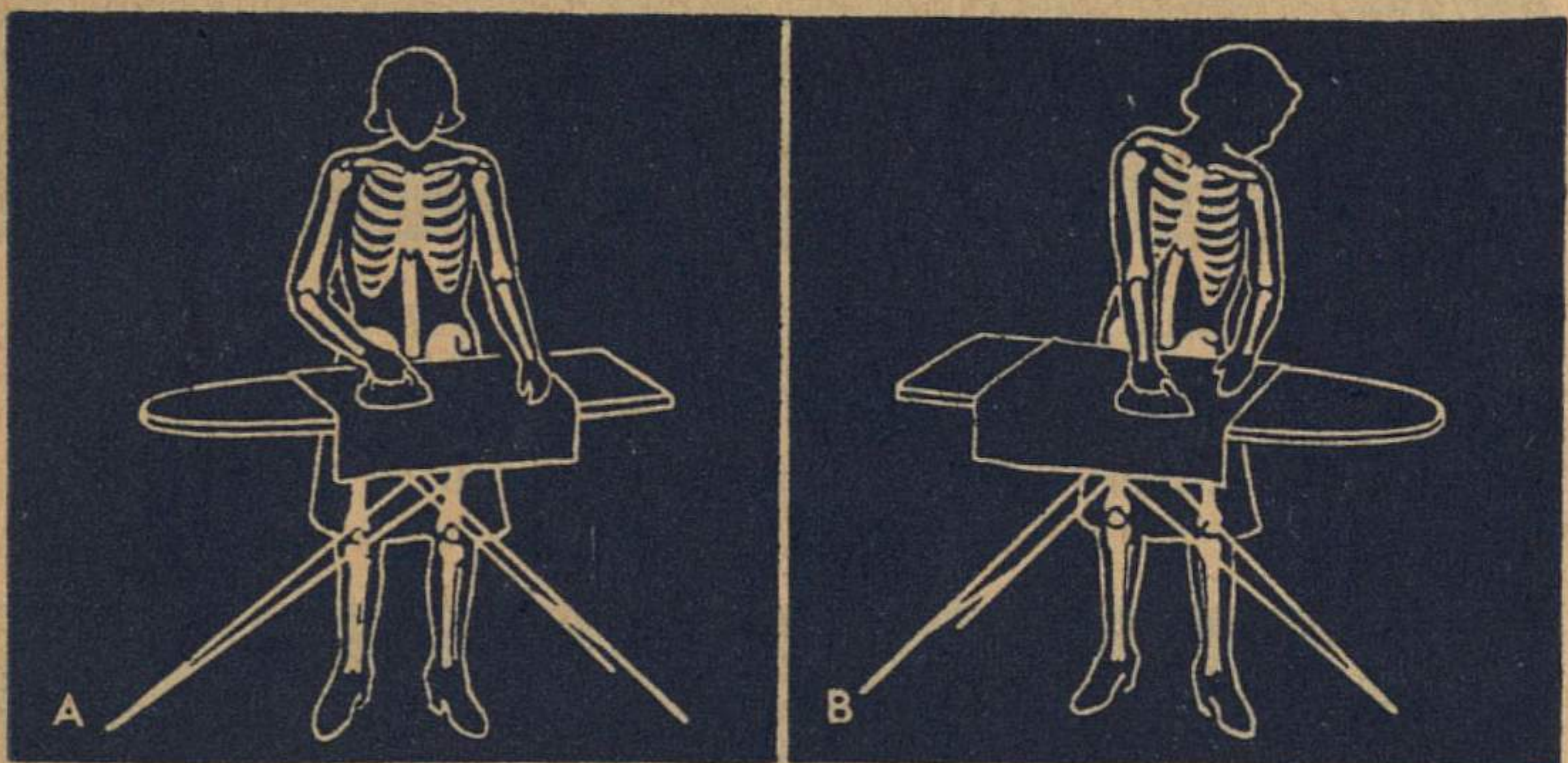
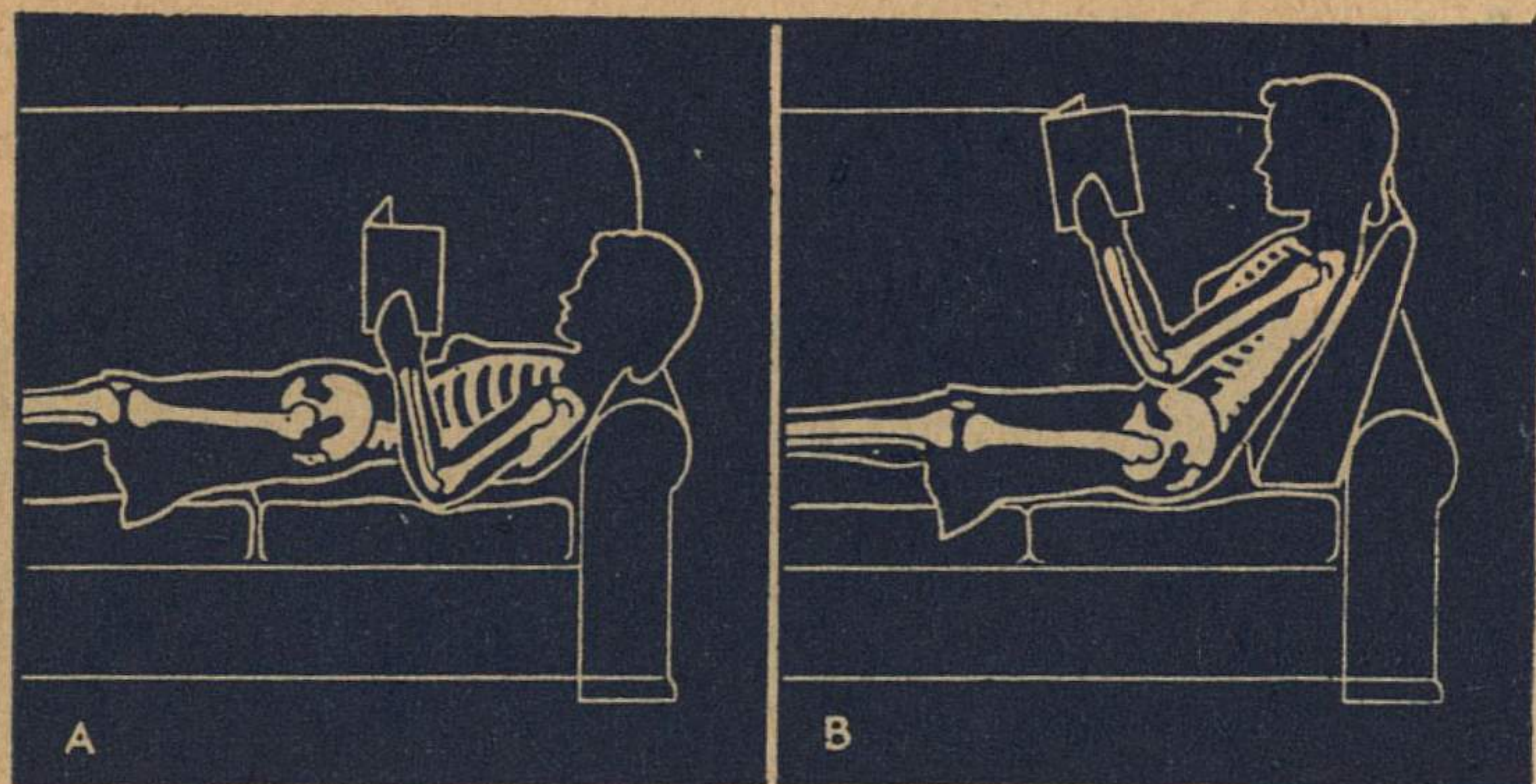


**Lifting** — To lift a heavy object, bend the knees, keeping the upper body straight (A). Bending as in (B) may strain back muscles.



**Housework** — In ironing, cooking or dishwashing, stand erect, with weight on both feet (A). Poor body balance (B) makes chores much harder.



**Lying Down** — When reading on a sofa or in bed, make sure that the back is properly supported (B); a sagging spine (A) leads to a sore back.