









1. Housework

MODULE 6

Housework should be shared with the family members. If not already done, ask your partner or other family members to do their share daily. It is very important to take care of you at this time. Accept the help offered now and after the birth of the baby.

The following pictures offer advice which may help to prevent daily back pain.

HOUSEWORK	
	Avoid bending and twisting when you switch clothes from a top-load washer to a front-load dryer. Place the clothes on top of the dryer and then move them into the dryer.
	When you hang clothes on a line, be sure that your laundry basket is set at waist level.
	When ironing, rest one foot on a small stool. Changing positions will relieve tension in your back.
	Bend your knees while making beds. If this is not possible, place one knee on the bed.

	Balance yourself with one foot in front of the other. Keep your knees bent a bit and shift your weight from your back foot to your front foot. Tighten your abdominal muscles. Get on your knees to vacuum under furniture.
	Balance the load by carrying the same weight in each hand. Heavy bags should be held close to your body and supported with your arms bent.
	When removing grocery bags from the trunk of the car, place your foot or knee on the bumper.
	Stand with feet apart. Tuck in buttocks and tighten stomach muscles. Bend knees and keep back straight. Pull object close to your body and lift with your legs.