

# Making Housekeeping Tasks Easier

## Vacuuming

Good or Bad? Why?



- Stress to shoulder

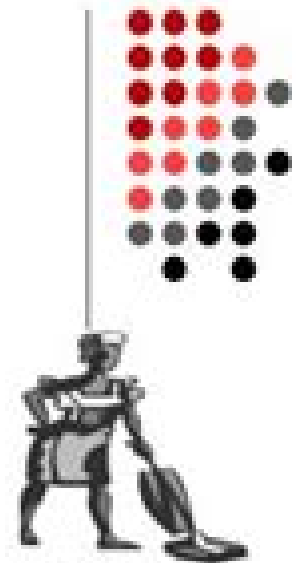


- Twisted back

Alternate vacuuming between the right and left hands



- Chance to rest frequently used muscles and body parts



# Manual Handling For House Keepers

**Jianjun Gao**



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