

## **XXXI. Loading the Dishwasher Vs. Doing Dishes**

Is this a vital task? Can someone else perform this task?

Try to load the dishwasher in batches. You should save dishes on the counter until you have enough to fill the dishwasher.

Keep your spine in locked position throughout the task. See previous video, **What is the Locked-in Spine? Is it good for you? How to do it?**

Open the door of your dishwasher, with one arm supported on the counter to reduce the stress on your spine. Open the dishwasher door and kneel to the floor using the lunge technique. Use a pillow if necessary. Roll out the lower tray and fill with dishes while keeping your spine in the locked-in position. An alternative technique is to remove the tray, place the tray on the counter, and fill with dishes. Use a proper lifting technique to lower the tray back into the dishwasher.