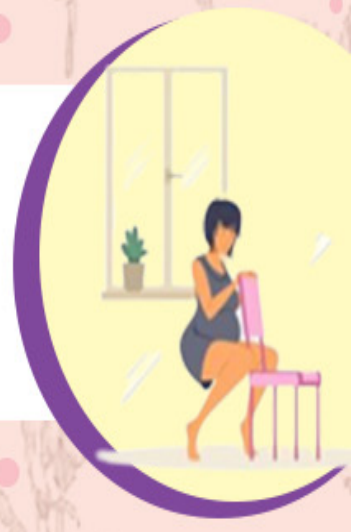


# How To Safely Bend During Pregnancy?



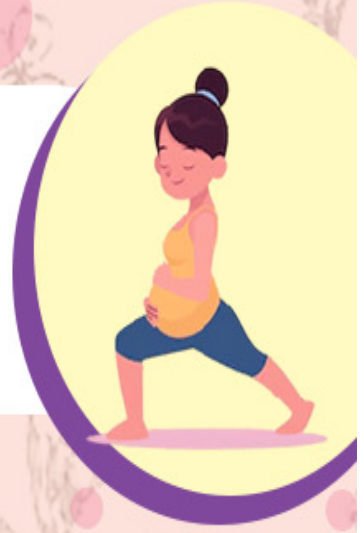
Don't entirely bend your back to lift something. Instead, squat a little and bend your knees to reach.

Use your thighs, hands, and knees to get up and prevent straining your back.



Don't get up with a jolt, and be careful while getting back up from a sitting position.

Bend at the knees and not the waist to reduce the risk of falling.



Don't hold heavy objects in your mid-shin area for too long while bending, as the prolonged strain may shift the center of gravity and make you fall.