

# Lifting at Work

## Pre-reading

### Questions:

- What heavy lifting do you do?

### Definitions:

- Heavy – having a lot of weight
- Complain – to say that something is wrong
- Lifter’s belt – a belt used to give support to one’s back
- Different – not the same



## Reading

15 Jeff and Matt do the same job. They load heavy boxes onto a truck. “My  
back hurts,” complains Jeff. “How is your back, Matt?”  
24 “My back feels good. I wear a lifter’s belt,” says Matt. “I wear one, too, but  
40 my back still hurts. What am I doing wrong?” asks Jeff.  
51 Matt says, “I learned to lift the right way at my old job. I bend my knees and  
69 lift with them. I do not bend over and lift with my back. If a box is too heavy for  
89 me, I ask for help.”  
94 “Oh, that is what is different. I lift with my back. I need to start lifting with  
111 my knees,” says Jeff.  
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## Understanding

1. What is Matt and Jeff's job? \_\_\_\_\_  
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2. What do they both wear? \_\_\_\_\_  
\_\_\_\_\_
3. Matt lifts with his \_\_\_\_\_.
4. Jeff lifts with his \_\_\_\_\_.
5. Who lifts the right way? \_\_\_\_\_  
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## Writing

Choice A: Retell the story in your own words.

Choice B: How do you lift heavy things? Should you change how you lift them?

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