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

Jeff and Matt do the same job. They load heavy boxes onto a truck. “My back hurts,” complains Jeff. “How is your back, Matt?”

“My back feels good. I wear a lifter’s belt,” says Matt. “I wear one, too, but my back still hurts. What am I doing wrong?” asks Jeff.

Matt says, “I learned to lift the right way at my old job. I bend my knees and lift with them. I do not bend over and lift with my back. If a box is too heavy for me, I ask for help.”

“Oh, that is what is different. I lift with my back. I need to start lifting with my knees,” says Jeff.
Understanding

1. What is Matt and Jeff’s job? ________________________________
   ______________________________________________________
   ______________________________________________________

2. What do they both wear? ________________________________
   ______________________________________________________
   ______________________________________________________

3. Matt lifts with his ________________________________.

4. Jeff lifts with his ________________________________.

5. Who lifts the right way? ________________________________
   ______________________________________________________
   ______________________________________________________

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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