

In the Khumot or Talmud - there are 39 classes of “WORK”

For example, you were allowed to pick up a chair and put it down somewhere else in your own home--but you weren't allowed to drag it because this might make a groove in the dirt floor and thus be "plowing." You could spit on stones, but there was a grave debate on whether it was lawful to spit on the ground--because this too might be "plowing." Women were forbidden to look in the mirror on the Sabbath, because they might discover a white hair and pluck it out--which was "reaping." There was a huge debate over whether you could repair a broken sandal on the Sabbath. You couldn't tie or untie a knot. You could dip a radish into salt, but not too long, for this would be to make pickle. You couldn't climb a tree, or ride, or swim, or clap your hands, or dance.

In the area of "carrying," you couldn't carry anything heavier than a dried fig. If a man threw an object up with his right hand and caught it with his left hand, this was carrying. But if he threw it up and caught it in his mouth and ate it, it was not carrying because after being eaten the object no longer existed. And of course, Sabbath laws forbade helping sick people unless their sickness was life threatening.