Proper Lifting Techniques

Learning and practicing the basics of proper lifting techniques can avoid most back injuries that occur during the lifting process. These techniques are easy to learn and can be used in almost every lifting situation. In a short time, proper lifting techniques can become life-long healthy habits.

"RULES OF LIFTING"

1. **Assess the object you are about to lift.** Be certain of how you intend to lift the object. If the object is too heavy, get someone to help you. **Think before you lift.**

2. **Bend at your knees, not at your waist. Bend down with your knees and straddle the load you are about to lift. (It may be more comfortable to place one foot beside the load and the other foot behind the load.)** Avoid bending at the waist and keep your back straight.

3. **Tuck your pelvis under and firm up your stomach muscles just before you lift.** Tightening the stomach muscles helps support your back.

4. **Hug the object you are lifting close to your body.** Unnecessary and potentially dangerous amounts of stress and strain are placed on your back when objects are held away from your body.

5. **Lift with your leg muscles.** Once you have a firm grip on the object, slowly straighten your legs and feel the leg muscles doing the actual work of the lift.

LIFTING TIPS

1. Never twist your body while lifting. Keep your body "squared-off" and move your feet to adjust your position.

2. Make sure your walkway is clear. Review your walking path and remove unnecessary objects they are accidents waiting to happen.

3. Know where you will put the load down. Looking for a place to put a heavy object down when it's already in your arms is asking for trouble.

4. Use mechanical help or the assistance of a co-worker when necessary.

5. Push, don't pull. If it is necessary to move a heavy object along the floor, push it. You can push double the weight you can pull.