

## **Principles of Safe and Proper Lifting**

Improper lifting techniques are responsible for a huge percentage of back injuries. Follow these principles and enjoy productivity without the pain!

### **Preparing to Lift**

- 1) Be as close as possible to the item you are lifting
- 2) Be straight-on to the object – avoid any twisting of your back by moving your feet to be in front of the object
- 3) Engage your deep abdominals before you lift and keep the contraction until the item is placed where you want it

### **The Lift Itself**

- 1) Ensure your lower back remains in the same natural curve that should be present when you are standing with good posture
- 2) While keeping your back erect in its normal curve, bend your knees in a “sitting”/”squatting” motion to lower yourself towards the item
- 3) If you need to reach forward at all, ensure your entire trunk and pelvis bends forward from your hip joint (you will feel like you are sticking out your buttocks)
- 4) Ensure your shoulder blades are “down and back” so that your neck stays relaxed
- 5) Lift the item and hold it right against your body while you straighten your knees again

### **Transferring the Load to the Desired Location**

- 1) Move your feet to change direction or to travel to a new location – do not move or twist your back
- 2) If you are lowering the load at all, perform the same “sitting/squatting” motion with your legs again

**Happy Lifting!**