

Safe Lifting Techniques

Preventing a back injury is much easier than repairing one. Follow these safe lifting techniques to help prevent injuries.

Step 1 Assess the Load

Ask Yourself:

- *Is equipment needed or available?*
- *Can I safely lift this alone?*
- *Can I divide the load to make it lighter or less cumbersome?*

Step 2 Assess Your Surroundings

Ask Yourself:

- *Is the path clear?*
- *Is my footing firm?*
- *What's my destination? Is there a place to set the load down?*

Step 3 Prepare and Lift

- *Flex your stomach muscles and tuck in your chin.*
This will help you keep your balance and will straighten your back.
- *Stand close to the load with your feet shoulder-width apart.*
- *Slowly squat down, bending at the hip and knees--NOT at your waist or back.*
This allows you to use your center of balance (your power zone).
- *Grip the load. Keep your arms and elbows close to your body.*
- *Slowly lift by straightening your legs. Avoid twisting your spine.*
If you need to turn, move your feet in the direction you want to turn.
- *Remember to breathe. If you must hold your breath, the load is too heavy to safely lift.*

Use these same steps to set the load down safely.



© Healthwise, Incorporated

