

LIFTING TO PROTECT YOUR BACK

No matter what the load is or where you are... safe lifting techniques are important for your well being.

Steps to Lifting Correctly

- Check the load's size, weight and stability
- Consider the distance and height of the load's destination
- Decide: Do I need to get help? Divide the load? Use a hand cart?
- Create a hazard free pathway
- Get a firm footing, place feet apart for a stable base
- Face the direction you want to go in before you lift.
- Point toes slightly outward.
- Maintain low back curve as you bend knees and hips
- Get a secure grip – tighten abdominal and back muscles
- Keep shoulders back and head up as you lift
- Keep the load close to your body
- Lift smoothly, Lift steadily
- If turning is necessary – do not twist
- Use your feet to pivot and turn your entire body as a unit
- Set the load down smoothly



Remember:

- Prepare muscles by stretching and simulating the lift
- Know your limits. Get help
- Avoid blocking your vision.
- Use a step stool if a load is too high to reach
- Resist recovering dropped loads.
- Push, rather than pull the load
- Place the load where it will be easier to left next time
- Exercise to keep back muscles flexible and abdominal muscles strong



Little Things You Can Do To Keep Your Back From Being A Pain!



While Standing – rest one foot on a short box or stool

Change positions and stretch often

Maintain your low back curve

Avoid locking your knees. Bend them slightly to absorb shock.

While Sitting

Keep your back supported.

Keep your knees at approximately hip level and keep your feet flat on a floor or footrest

Keep your buttocks back against the back of the chair

Position the screen at or just below eye level

Reduce reaching and twisting by placing high-use items close to you

Never lift from a sitting position



While Driving

Avoid twisting when getting in and out of the vehicle

Adjust the seat to enable you to reach the pedals and the steering wheel easily

Keep ears, shoulders, and hips in a straight line

Stop and stretch periodically when driving long distances

While Sleeping

Use a mattress that provides firm support and a stable foundation

Position pillow to keep head and neck supported and aligned

Avoid long periods of time with your arms above your head or your arm under your neck.

Don't sleep on your stomach!

