



POINTS TO PONDER



Safe & Proper Lifting

A large number of back injuries result from unsafe or improper lifting. Correct posture and knowing your personal lifting limits will help prevent a serious & possibly debilitating back injury.

Correct Posture is achieved when your back is in alignment with your ears, shoulders and hips. If these three curves are not in balance, there is a greater likelihood of both back pain and injury.

When Lifting Remember To:

Tighten - Tighten stomach muscles.

Tuck - Tuck pelvis to keep your back in balance.

Bend Knees - Bend at your knees! This centers balance and distributes weight.

Hug - Hold the object lifted as close to your body as possible. Gradually straighten to a standing position.

Always Avoid:

Bending At Waist - This is the easiest way to strain your back and cause damage to your spine.

Twisting - Twisting can overload your spine and lead to serious injury. Feet, knees and torso should be in alignment.

Being A Hero - If a load is just too large, heavy, or awkward to carry don't take unnecessary risk.

Tips to Remember when Lifting:

- Make sure your footing is firm and the path of travel is clear.
- Use a stepstool or ladder for reaching anything above shoulder level. Test the weight before removing from a shelf.

