

Safe Lifting

It is important to make sure when lifting objects, you are doing it safely.

Follow these tips to avoid straining your back when you are lifting:

- Lift with your knees, not with your back.
 - Keep your back straight and do not bend and twist at the waist.
- Plan the lift and clear your path.
 - Make sure nothing is in your way that could possibly trip you up.
- Ask for help if the load is heavy or awkward.
 - If you lift a heavy load by yourself, you could possibly pull a muscle or drop it.
- Pivot your feet to avoid twisting.
 - If you twist your back, you can potentially hurt yourself.
- If possible, push the load instead of lifting.
 - It is better to push than lift.

Basic Diagonal Lifting Technique

1. Get as close to the object as possible.
2. Use a wide stance with one foot forward and to the side of the object for good balance.
3. Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.
4. Slide the object as close to you as possible.
5. Put the hand (same side of your body as the forward foot) on the side of the object furthest from you.
6. Use this basic lifting technique for small objects when you can straddle the load and use a wide stance.
7. Put the other hand on the side of the object closest to you. Your hands should be on opposite corners.
8. Grasp the object firmly with both hands.
9. Prepare for the lift, tighten your core muscles, look forward and upward, keep a straight and strong back.
10. Lift slowly and follow your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, and breathe out as you lift.

