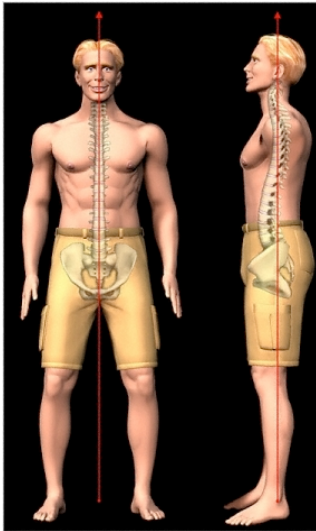


# LIFTING

*Proper lifting technique is essential for decreasing work-related injuries from occurring and preventing future health problems. Practicing good form and creating positive work and recreation habits reduces the chances of repetitive and occasionally traumatic injuries from occurring.*

*Posture is one of the most important keys to understand how to use your body properly without causing serious damage.*



From the front, your spine and posture should be straight or equal left to right. From the side, the ears, shoulders, hips and ankles should be aligned while maintaining the normal curves that are formed in between.

Regardless of how good your working posture is, working in the same posture or repetitive motions will cause damage and build up to the spine.

- Warm up in the morning with slow gentle movements to prevent injury.
- Switch sides or hands whenever possible.
- Gently and slowly stretch the opposite direction when working for long periods in a sustained position.
- Short, frequent breaks provide relief and help “reset” the spine.
- Stand directly in front or facing the object you are lifting.
- Hold or carry objects as close to you as possible.

- Never carry or move anything which you cannot handle with ease. Very rarely is it “just this one time” and one time is all that it can take for an injury to occur.
- Avoid sudden movements or awkward combinations such as twisting, bending, and reaching simultaneously.
- Move your body as close to the height of the object as possible. For example squat to lift a box versus bending forward.
- When bending forward, bend from the hips and not the low back.
- Keep feet at least 6 inches/shoulder width apart to support the body and provide a good base.

