

SAFE LIFTING

Incorporating safe lifting techniques into both your work and daily activities will reduce the risk of injuring, or re-injuring, your back.

Correct Postural Curves



Important Points For Safe Lifting

- Don't twist your spine when you lift
- Keep the load close to your body (the closer the load is to the spine, the less force is exerted on the back)
- Test how heavy an object is before lifting. Keep your feet apart for a stable base.
- Use large powerful muscles to do the work (ie legs)
- Always brace the abdominal muscles and maintain the normal curves of your spine
- Avoid lifting where possible (use alternative techniques like pushing, pulling or dragging)