<u>HOW TO LIFT AN OBJECT SAFELY</u>

Poor lifting techniques can lead to injuries or make existing injuries worse. Taking care of your back is one of the most important things you can do!

Almost 80% of the population will suffer from back pain at least once during their lifetime (Source: WebMD). Prevent yourself from becoming a statistic! Below are simple steps that can be taken to reduce stress to the back when lifting objects:

1. **Warm up and stretch out before lifting heavy loads. This includes at the beginning of shifts and after extended breaks.**

2. **Size up the load before lifting and get help if necessary.**

3. **Get as close to the load as possible.**

4. **Grasp the load firmly.**

5. **Lift with your legs keeping the load close to your body and your back as straight as possible. Lower loads in the same way.**

6. **Always carry a load as close to your body as possible. A 10 pound object held an arm's length away from your body equals 100 pounds of stress on your back.**

7. **Always know where you are going and what is ahead of you.**

8. **Use material handling equipment whenever possible.**

9. **Prevent lifting heavy objects above shoulder height.**

10. **When you need to change direction while carrying a load, pivot with your feet versus twisting at your back. Your back was not designed to twist and turn while holding a load.**

11. **Always push an object instead of pulling it. This allows your legs to do the work, not your back.**

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