HOW TO LIFT AN OBJECT SAFELY:

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

Statistically, one out of three people will suffer a back injury at some point in their life. 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 the beginning of your shift 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 as possible to your body. A 10 pound object held away from your body at arms length 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 your back. Your back was not designed to twist and turn while holding a load.

11. Always push an object instead of pulling it.