TIPS TO KEEP A HEALTHY BACK

LIFTING CORRECTLY

Back injuries commonly occur when individuals lift incorrectly at work or at home. Most lifting injuries are preventable. If you follow the method below for lifting you can prevent back injury and avoid the pain that comes along with it.

Step 1:
Setting Up
Stand close to the object with your feet shoulder width apart, head up and your feet and body pointing in the same direction.

Step 2:
Bend your knees
Bend at the knees and check the weight of what you are lifting. Keeping your upper body tall, use your leg and arm muscles to lift the load slowly and smoothly.

Step 3:
Carrying the weight
Keep the object close to your body while carrying it. Pivot with your feet to change direction rather than twisting.

Step 4:
Putting down the weight
Bend your knees and slowly lower the object to its intended place. Do not lift heavy objects above your waist. Avoid heavy lifting immediately after prolonged bending or kneeling.

Lifting heavy or awkward objects… ask for some assistance
When you are lifting a heavy or awkward object you should get a partner to help you. If lifting above your waist and you must be elevated be sure to stand on something solid (e.g., ladder) while having a partner assist you with lifting up or down. Slowly lift the object, keep it close to your body and pass the object to your partner.

Following the methods above for lifting will help to lift correctly and prevent injury. By preventing injury you can keep doing the activities you love you to do for years to come.