

# STAYING SAFE WHILE LIFTING & CARRYING

Proper lifting technique is critical to back safety, but perhaps more important is proper planning. Before you lift and/or carry any objects, please observe the following recommendations:

- Look over the object to be lifted. Make sure it is not too heavy or bulky.
- Know how to lift safely.
- Get help if there is any doubt about your ability to move the object by yourself.
- Stand close to the load with feet apart for good balance. Make sure footing is secure.
- Bend your knees and straddle the load somewhat. Keep your back as straight as possible.
- Get a good palm grip. Many lifting accidents occur when the load slips off fingers.
- Tense your back, shoulder, and arm muscles. Straighten your knees and stand. Lift with your leg muscles. Avoid quick, jerky motions. Avoid lifting whenever possible by pushing, pulling, rolling, or sliding, or use mechanical aids, trucks, hand carts, etc. in place of lifting or carrying. These simple techniques make lifting easier and safer. Preventing painful lifting and carrying injuries (sprains, strains, hernias and “aching sacroiliacs”) is squarely up to you.
- Know your physical limitations.
- Know when to get help.
- Realize that as you get older it takes less strain to injure your back.

