

Lifting:

Lifting can potentially cause injury to the bodies soft tissues (muscle, tendons, ligaments, discs) as well as to bones (degenerative changes, fractures), and proper body mechanics (position) will help to reduce the risk of injury thus preventing pain and disability. Some important lifting tips include:

- Maintain the curve in the low back (keep it straight or slightly curved backwards).
- Bend at the knees and hips—do not flex at the low back.
- Do not rotate or twist the low back or shoulders while lifting.
- Keep the load close to the body.
- Keep a broad base of support.
- Reduce the weight of objects.



DEEP SQUAT LIFT



Straddle object with a broad base stance. Keep back straight (maintain curve) and bend (flex) at knees.



STRAIGHT LEG LIFT



Position close to barrier. Press legs against barrier. Bend from hips with the back slightly arched (maintain curve).



1/2 SQUAT DIAGONAL



Straddle object with a broad base stance, body slightly over the load. Keep back straight (maintain curve) and bend (flex) at knees.



1/2 SQUAT SUPPORT



Broad base stance, with body slightly over load. Bend at knees and hips and maintain the lumbar curve. One hand on thigh/object.



1/2 SQUAT LIFT



Move close to object with broad base stance. Bend at knees and hips and maintain lumbar curve. Do not twist or rotate.



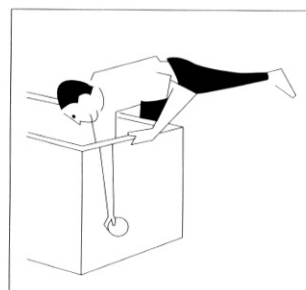
ONE KNEE SQUAT LIFT



Drop on one knee and place foot beside the load. Keep head up and maintain the lumbar curve. Keep load close to body.



GOLFERS LIFT



Maintain lumbar curve, bend forward at hips and raise one leg behind for balance. Reach for object with one hand.



OVERHEAD LIFT



Keep load close to body. Maintain lumbar curve and raise object using legs and arms. Keep feet shoulder width apart.