Six Steps Of Proper Lifting

Always Remember:

- Use of any back support does not mean you can – or should – lift more than your body could normally sustain without a belt on.
- Your belt is a superior tool in helping to decrease the likelihood of injuring your back.
- No back support can, by itself, prevent injury.
- Belts must be used in and overall back safety program within your organization or company.
- Back programs should include and exercise and training of proper lifting mechanics.

1) Always size up the load to be handled.

- Look at what you are about to lift and if necessary, move it from side to side, and forward or backward to gauge the object’s weight.
- Can you handle it safely by yourself, or do you need help?
- Being honest with your personnel capabilities can save many problems in the future.

2) Establish a firm footing to ensure the best possible balance and stable lifting base.

- Stand with your feet apart, at about the same width as your shoulders.
- Stand with one foot in front slightly in front of the other.

3) Preparing for the lift, remember to keep your back as straight and upright as possible.

- When preparing to lift anything, keep your back perpendicular to the ground, not horizontal.

4) Always bend at your knees, not at your waist.

- Slowly lower yourself using only your legs.
- Remember to keep your back as straight as possible all the way down.
5) As you begin to lift, tighten your stomach muscles and lift with your legs, not your back.
   - Let your leg muscles do all the work.
   - Your leg muscles are much stronger than your weaker back muscles.

6) Always keep your load as close as possible to your body.
   - When you have to turn, turn with your feet first, and let your body follow.
   - Never turn by twisting your body.