

## 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.

