
LIFT SMART!

PREPARE – Analyze and plan your lift from the start. Answer the following questions:

- ✓ How am I going to reach the item?
- ✓ How am I going to grab the item?
- ✓ Where am I going to take the item?

BALANCE – Maintain stability and balance by keeping your feet shoulder width apart and one foot slightly ahead of the body in a staggered stance. Always pivot the body with the feet and never twist the back.

MAINTAIN THE CURVES – When lifting, reaching, pushing, or pulling always try to maintain the natural S curve of the spine. A few tips to help maintain the S curve is to:

- ✓ Keep your head up and look straight ahead.
- ✓ Keep your shoulders back.
- ✓ Bend your knees.
- ✓ For small light items keep your back leg straight and let it come off the ground when reaching down with one hand.
- ✓ Tighten your stomach muscles.

KEEP THE ITEM CLOSE – The closer your hands are to your body the less force and muscle effort required. Keep elbows within 6 inches of the body whenever possible.

AVOID LIFTING AND GET HELP – Avoid lifting and carrying by using carts, hand trucks, and any other item that can support the weight of the item being handled. Get help from another person and communicate with the other person answering the above questions.