

# Lifting With Proper Posture



Lifting is strenuous.

By lifting with your large, strong leg muscles instead of the small muscles of the back, you can prevent back injuries and reduce low back pain

There are five steps to follow when lifting an object::

1. **GET CLOSE TO THE LOAD** Get as close to the load as possible— as if you're hugging the object. Having the object close to your body put less force on your low back.
2. **MAINTAIN YOUR CURVES.**  
Keep yourself in an upright position while squatting to pick up
3. **TIGHTEN YOUR STOMACH MUSCLES**  
Tightening the stomach helps support the spine. *Don't hold your breath while tightening the muscles.*
4. **LIFT WITH YOUR LEGS**  
Your legs are the strongest muscles in your body— so use them.
5. **PIVOT DON'T TWIST**  
Turn with your feet, not your back. It isn't built for twisting from side to side.

## Large or Heavy Loads.

If a load is too heavy to lift alone, ask for help. Pick one person to coach the lift — this way you lift and lower at the same time.

**Overhead Loads.** If a load is above your shoulders, use a step stool to elevate yourself until the load is at least chest level preferably waist height avoid reaching and stretching. Pull the object close to your body and then lift. Remember to maintain your curves — use your arms and legs to do the work.