

Job Name _____ Date 9/17/2020

SAFE LIFTING TECHNIQUES

Can you think of even one job or occupation where you never have to lift an object? I can't. Lifting of objects can range from very light objects such as a piece of paper, a pin or a pen to very heavy objects like loads of boxes. Lifting is very much a part of our every day jobs. And, because it is something we do so often, we tend to do it without thinking, or at least we do until we strain a muscle, or worse, hurt our backs.

Lifting incorrectly can result in a variety of injuries. Back strain is a very common one. It results from over-stretching certain muscles, but it can be avoided by practicing safe lifting techniques. A hernia is another injury associated with lifting. A hernia does not generally result from a single lifting effort. It is usually the result of continued extreme exertion, especially done contrary to the structure of body.

Don't underestimate the importance of being in good physical condition. Years of poor posture, overeating, lack of exercise, stress and improper lifting can catch up with you. Learn how your back works and what you can do to keep it strong. Ask for your physician's recommended stretching, warm-up, and reconditioning exercises; then practice them regularly.

Safe lifting plays an important role in keeping your back healthy. Although there doesn't seem to be just one right method to lift an object, there are lifting techniques that take strain off the low back area.

Everyone has a way of lifting that seems most natural. Examine yours to see if you are using lifting techniques that reduce strain on your lower back. As the employee making the lift, you're being counted on to make lifts that are safe and comfortable for you based on these items:

- *Stay in shape*
- *Size up the load; ask for help, if needed*
- *Get a good grip*
- *Keep the load close*
- *Keep your balance with footwork*
- *Let your leg muscles do the work*
- *Don't twist your body*

