

# Proper Lifting Techniques

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## Start in the best position

Before you lift a load, think through your task. Decide where you'll place the load and how you'll get it there. If an object is too heavy, get some help.

When you're lifting an object from the floor, don't lift from a standing position with your waist bent and your knees locked. Instead, plant your feet firmly on the ground, standing as close to the load as possible. Then kneel down, resting one knee on the ground.

## Keep your back straight

Lift the object from between your legs and hold it close to your body. You can rest it on your knee or use momentum to assist you the rest of the way up.

## Use your legs

Your leg muscles are some of the strongest muscles in your body. Use them to lift the load. Keep your back straight and tighten your abdominal muscles to support your spine.



## Squatting instead of kneeling

You can follow the same procedure from a squatting position instead of a kneeling position, if that's more comfortable for you. Stand as close to the load as possible, positioning it between your knees as you squat down. Keep your back as upright as possible. It may help to tilt one edge of the box up to get a good hold on it.

## Let your legs do the work

Pick the object up, from between your knees. Keep the load close to your body and then stand up, using your leg muscles. Keep your back as straight as possible and tighten your abdominal muscles as you rise from the floor.

## Avoid twisting

When you're standing and ready to move, hold the load close to your body to lessen the strain on your lower back. Avoid turning or twisting while holding the load. Turn by pivoting your feet, not your back. Avoid lifting heavy loads above your waist.