

STRETCHING YOUR BACK:

The back is composed of the largest and strongest muscle group of the body. This is why traditionally people will "over-work" their backs. It is recommended to take a few minutes to stretch your back before lifting or performing any strenuous activities.

Bend slowly, side to side

Place your hands on your lower back, bend your neck back and arch your back

Place your legs together and slowly bend down and try to touch your toes

BEFORE LIFTING ANY OBJECT ASK YOURSELF SOME QUESTIONS:

What kind of load is it? (How heavy, how awkward to pick up)

Is my path clear to where I am going? (Housekeeping)

Do I need help?

PROPER LIFTING TECHNIQUES:

Footing is important: Keep your feet close to the object you are picking up, and spread your legs so your feet are about shoulder width apart.

Bend your knees, NOT YOUR BACK.

Keep your back as straight as possible.

Get a good firm grip: Do not lift until your grip is secure.

Lift object by straightening your legs: Keep the load close to your body.

If you must change directions, do not twist your body. Turn your whole body by changing the position of your feet.

To set the load down, bend your knees, not your back. Keep your back as straight as possible, and slowly lower the load.

When lifting as a team, lift together. Never drop your end of the load without notifying your partner.

**Remember to stretch before you start work.
Use safe lifting techniques to protect your back,
and always clear your path before you lift.**