

# Safe Lifting

Prevent back injuries by following these rules for safe lifting:

1. Neutral Spine – maintain natural curve of the spine
2. Centre of Gravity – maintain weight of the body and objects over your centre of gravity
3. Knee Tracking Over the 2<sup>nd</sup> Toe – knees are aligned with the ankles & hips, insuring maximum strength to hold & execute the movement
4. Balance – keep the object being lifted close to the body

LIFTING DO'S & DON'TS			
<p><b>DO LIFT AS A TEAM</b></p>  <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p><b>DO TURN WITH LEGS</b></p>  <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p>	<p><b>DO USE YOUR LEGS</b></p>  <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p>	<p><b>DO USE EQUIPMENT</b></p>  <p>Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p>
<p><b>DON'T LIFT BULKY LOADS ALONE</b></p>  <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p><b>DON'T TWIST WHEN LIFTING</b></p>  <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p><b>DON'T USE YOUR BACK</b></p>  <p>Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.</p>	<p><b>DON'T LIFT HEAVY LOADS</b></p>  <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>