



Safe Lifting

**MARLANT Active Living & Injury Prevention
Working Group & Health Promotion Services
2017**

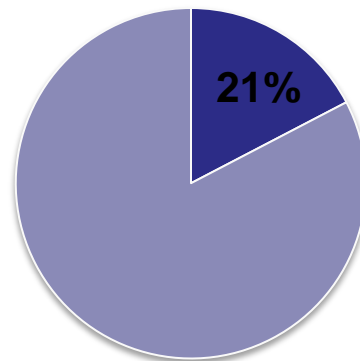


HLIS 2013-2014

Back Injury Stats:

- Safe lifting is an important tool for preventing back injuries
- 21% of CAF members have experienced an acute back injury

Percentage of Acute Back Injuries in 2013:



The Rules of Safe Lifting

Follow these 4 rules to prevent back injuries while lifting:

1. Neutral Spine
2. Centre of Gravity
3. Knee Tracking Over the 2nd Toe
4. Balance

Rule #1 – Neutral Spine

- Maintain the natural curve of the spine
- Contract supporting core muscles to resist bending or twisting the spine
- Ensure shoulders and hips are aligned



Rule #2 – Centre of Gravity

- Maintain weight of the body and objects over your centre of gravity
- Focus on the big muscle groups to initiate movement
- Contract supporting muscles to provide support



Rule #3 – Knee Tracking Over 2nd Toe

- Legs are the pillars to the movement
- Knees are aligned with the ankles & hips, insuring maximum strength to hold & execute the movement
- Initiate the movement with the hips



Rule #4 – Balance

- Ensure the hips dominate the movement
- Contract supporting muscles to keep the movement pattern under control
- Keep the object being lifted close to the body



Resources

Health Promotion Services – CFB Halifax & Region

902-722-4956

Fleet Fitness & Sports

902-427-3524

Shearwater Fitness, Sports and Recreation

902-720-1071

Stadacona Fitness, Sports and Recreation

902-721-6576

