

## Safe Lifting Safety Briefing



**Topic:** Safe Lifting

**Key Messages:** Lifting is an important part of our daily work and life activities: pick up your kit, a sandbag during a FORCE evaluation, a weight in the gym, your kids, etc. Safe lifting is an important tool for preventing back injuries.

SLIDE	INFO	NOTES, AIDS, TIME
Slide 1	<b>Introduction:</b> Good morning / afternoon, my name is _____ and this is a briefing on safe lifting.	1 min
Slide 2	<b>HLIS Back Injury Stats:</b> <ul style="list-style-type: none"><li>• Safe lifting is an important tool for preventing future back injuries.</li><li>• 21% of CAF members have experienced an acute back injury.</li></ul>	1 min
Slide 3	<b>The Rules of Safe Lifting:</b> Follow these 4 rules to prevent back injuries while lifting: <ol style="list-style-type: none"><li>1. Neutral Spine</li><li>2. Centre of Gravity</li><li>3. Knee Tracking Over the 2<sup>nd</sup> Toe</li><li>4. Balance</li></ol>	1 min
Slide 4	<b>Rule #1 – Neutral Spine:</b> <ul style="list-style-type: none"><li>• Maintain the natural curve of the spine.</li><li>• Contract supporting core muscles to resist bending or twisting the spine.</li><li>• Ensure shoulders and hips are aligned.</li></ul>	1 min
Slide 5	<b>Rule #2 – Centre of Gravity:</b> <ul style="list-style-type: none"><li>• Maintain weight of the body and objects over your centre of gravity.</li><li>• Focus on the big muscle groups to initiate movement.</li><li>• Contract supporting muscles to provide support.</li></ul>	1 min
Slide 6	<b>Rule #3 – Knee Tracking Over the 2<sup>nd</sup> Toe:</b> <ul style="list-style-type: none"><li>• Legs are the pillars to the movement.</li><li>• Knees are aligned with the ankles &amp; hips, insuring maximum strength to hold &amp; execute the movement.</li><li>• Initiate the movement with the hips.</li></ul>	1 min
Slide 7	<b>Rule #4 – Balance:</b> <ul style="list-style-type: none"><li>• Ensure the hips dominate the movement.</li></ul>	1 min

Brought to you by the MARLANT Active Living & Injury Prevention Working Group & Health Promotion Services

	<ul style="list-style-type: none"><li>• Contract supporting muscles to keep the movement pattern under control.</li><li>• Keep the object being lifted close to the body.</li></ul>	
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**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