

Lifting Technique

No matter what you have to lift, the job will be easier and less of a strain if you can follow these simple lifting tips.

- Never lift beyond your strength. Size up the load and get help if you need it.
- Clear away anything on the floor that might cause you to trip or slip.
- Avoid reaching as you lift or lower. If something is in your way, move it.
- Set your feet firmly, and place one foot alongside the load and the other slightly behind the load.
- Keep the object close to your body.
- Choose the lifting position that feels most comfortable to you – either with or without a straight back.
- Set muscles of legs, hips and back ready to take the strain.
- Using handholds, get a firm grip on the object. If no handholds are available, place your fingers under the load.
- Lift gradually and avoid jerky, twisting motions. Breathe out as you lift.



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