

Spine Health: Rules for Safe Lifting

1. DO NOT TWIST

-Twisting at the low back will cause your facet joints to compress, which may increase inflammation and therefore increase your back pain. When you turn, try to turn at your mid back or turn your whole body when reaching for objects to the side or back of you.



2. KEEP IT CLOSE

-If you hold an object close to you when you lift, it will weigh less than if you hold it far away from you and therefore will be less work for your back.



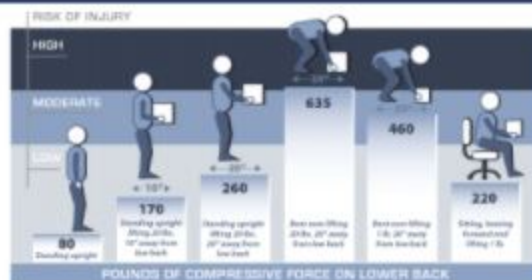
3. BEND AT YOUR KNEES

-Whether it is a light object or a heavy one, lifting with your legs will help protect your back. If you bend at your waist, you are not only lifting the object with your back, but the top half of your body as well. If the object is too heavy for you to lift it properly, it would be beneficial for you to get someone else to help you.



4. LUNGE

- Lunge at all times for retrieving objects or placing objects in desired places.



*Lifting Items with improper lifting technique compromises your spine and safety by applying unnecessary pressure to your spine. The image above shows the amount of pressure applied to the spine when the same 20 pound object is held in a different position.

