



# Employee Training Manual

## Lifting Techniques

New 8/3/2015

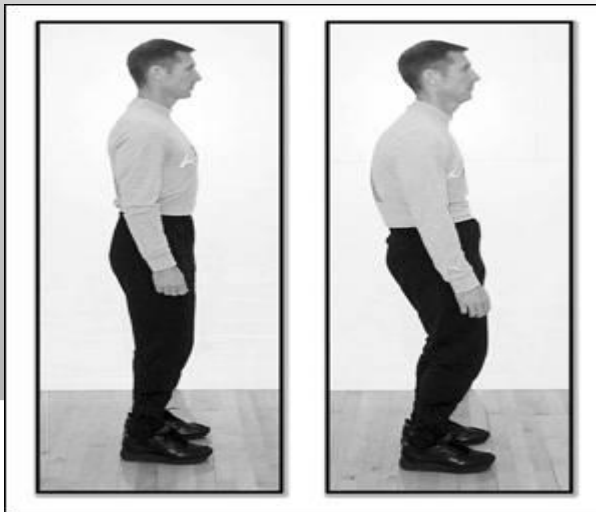
# Lifting Techniques

- Sprains and strains to the muscles, tendon and ligaments of the back are common injuries that are often avoidable.
- Be aware of the causes of back injuries and your lifting limitations.
- Remember, back injuries don't just happen at work; they can happen at home or while you're out having fun.
- Back injuries often limit all of your activities, so remembering a few pointers on lifting techniques can help keep you healthy.



# Lifting Techniques

- Avoiding Back Injury
  - Poor posture can put stress on back muscles.
  - Poor physical condition can lead to weak back muscles.
  - Practice a regular exercise program to stretch and strengthen your back muscles.



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# Lifting Techniques

- Bending or twisting while lifting can cause injury.
- Repeated minor strains can develop into an injury.
- Back injuries are not always caused by lifting something too heavy. Stress and tension can contribute to back pain.



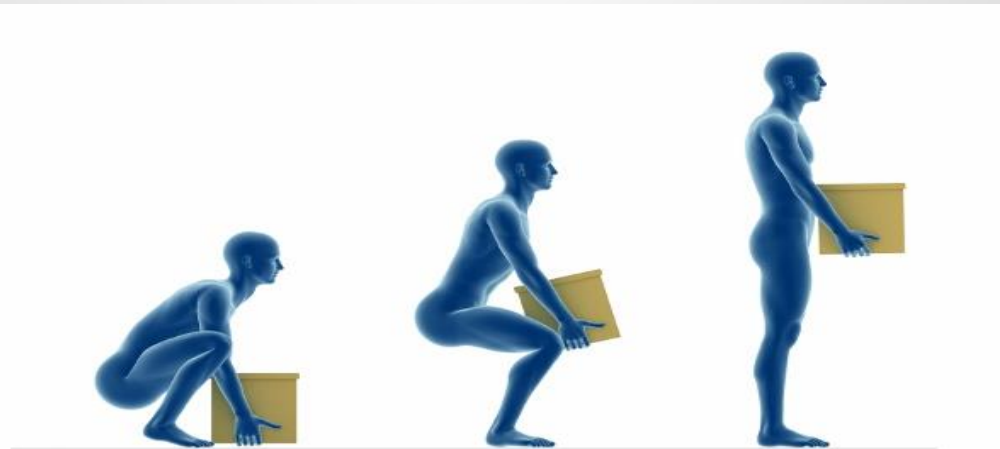
# Lifting Techniques

- A. Size up the load.
  - Test the weight by moving a corner of the object and get help for heavy or awkward loads. Make sure that you have a clear path to carry the load and a clear area to set it down.



# Lifting Techniques

- B. Stand with your feet close to the object and center yourself over the load. Bend your knees. The large muscles in your legs are designed to carry weight and bending your knees gets your legs ready to support the load. Get a good grip on the object. Straighten your legs to lift straight up in a slow, smooth motion.



# Lifting Techniques

- C. Keep the load held close to your body. Do not twist or turn while carrying the load. Sudden twisting motions can injure the disks in your back. Bend your knees again as you lower the load to set it down.





# Lifting Techniques

- D. Loads on cart or wheels should be pushed, not pulled. Get help for lifting items that are long, bulky or are too heavy for one person. Know when mechanical lifting equipment should be used instead of manual lifting. If possible, divide a heavy load into several smaller ones.



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