

# For Your Health



## Practice Proper Lifting Technique

- Do not try to lift objects that are awkward or are heavier than 30 pounds by your self.
- Stand with a wide stance close to the object you are trying to pick up and keep your feet firm on the ground. Make sure that you are wearing the proper footwear and the surface is clean and not slippery. Tighten your stomach muscles.
- Keep your back straight and bend at your knees and hips. Do not bend forward at the waist with your knees straight.
- Lift the object using your leg muscles.
- Stand completely upright without twisting. Always move your feet forward when lifting an object.
- If you are lifting an object from a table, slide it to the edge to the table so that you can hold it close to your body. Bend your knees so that you are close to the object. Use your legs to lift the object and come to a standing position.
- Avoid lifting heavy objects above waist level.
- Hold packages close to your body with your arms bent. Keep your stomach muscles tight. Take small steps and go slowly.
- To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.

### The Question of Back Belts.

- Create a false sense of security and they redirect from the cause of the injury.
- Studies have shown belt wearers to be more prone to injury after they discontinue their use.
- They do NOT alleviate loading of back extensor muscles or compressive loading of the spine.
- Studies have shown that wearing belts increases heart rate and blood pressure so those individuals with pre-existing elevated blood pressure and heart rate need to be monitored by their physician.