

HOW TO LIFT CORRECTLY

Right



THE RIGHT WAY!



THE WRONG WAY!



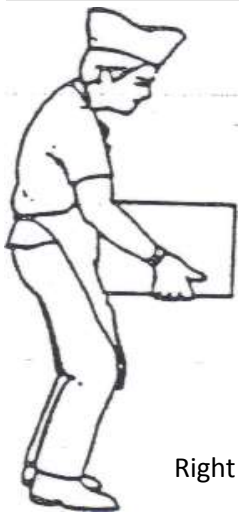
LEGS BENT, BACK KEPT AS STRAIGHT AS POSSIBLE. LOAD CLOSE TO BODY, GRIPPED AT OPPOSITE CORNERS.

LEGS STRAIGHT. BACK BENT, PUTS ALL STRAIN ON THE MUSCLES OF THE BACK AND ABDOMEN.

WRONG

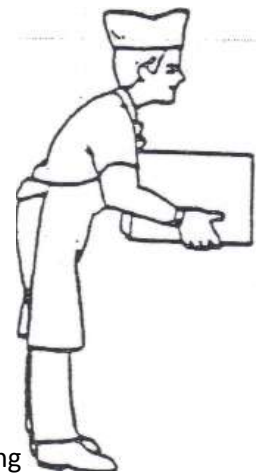


To lift a load from the floor, squat with one foot flat on the floor and lift with your leg muscles. Keep your knees bent and your back rounded. To set it down, slowly resume the original position.



Right

To carry a heavy load, keep your knees bent and your back rounded with your load at waist level or below.



Wrong

You can safely carry a heavy load on your back. You will automatically round your lower back to balance the load.



Right

The Wrong way of lifting and carrying will make you arch your lower back and neck. This pushes vertebrae together, pressing On discs and nerves



Wrong

