

Lifting Tips

Poor lifting technique and bad body mechanics can cause back, neck, and shoulder pain. Serious injuries such as herniated disk or compressed vertebra are also possible. Using proper lifting technique is important to minimize your risk of injury. Follow these steps when lifting:

- **Plan ahead** – make sure the path is clear, limit the distance you are required to travel, find a buddy to help with the lift if possible. Sudden movements, and twisting increase your risk of injury.
- **Test an object's weight** – use your foot to get an idea of the objects weight then get a buddy if necessary. Don't be afraid to use carts, pulleys, or tools to make your trip safest.
- **Lift with your legs, not with your back** – Face the object you intend to lift, and stand close to it. Consider placing one foot on either side of the object, or staggering your feet. Do not bend over the object. Avoid twisting. Engage your back and abdominal muscles before lifting, and maintain a straight back while lifting.
- **Maintain an adequate base of support**- start with feet shoulder width apart and the weight of the object equally shared on each leg.

If you are prone to back pain or experience an injury seek the help of a physical therapist to develop a strengthening and flexibility plan that is right for you.

(717) 263-5147