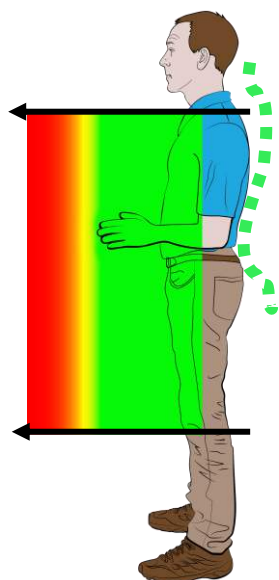


BEST PRACTICES: SAFE LIFTING



USE THESE TIPS TO SAFELY LIFT AND LOWER OBJECTS TO MAINTAIN A HEALTHY SPINE AND AVOID DISCOMFORT



Determine if you can Safely Lift the Item

- Ask for help with heavy and awkward objects
- Use needed assistive tools (carts, jacks, dollies)



Work In Optimal Joint Positions

- Maintain the spine's natural "S" shape curve
- Face the direction of travel – avoid bending at the back and twisting at the waist
- Move your feet to change direction - keep your nose, between your toes.
- Work in the Power Zone and keep items between shoulder and knee height

TRY ONE OF THE FOLLOWING LIFTING TECHNIQUES:



Staggered Squat Lift

- Keep back upright - ears in line with shoulders and shoulders in line with hips prior to lifting body from the ground
- Grounded knee is in line with hips
- Push knee is in line with ankle
- Both knees and ankles at 90 degrees



Squat Lift

- Keep back upright and get as close to load as possible
- Stagger feet shoulder width apart
- Avoid flexing spine, instead bend at hips and knees
- Keep weight on heels and knees over toes
- Keep eyes and chest up to better align head and neck
- Perform lift using power from the legs



PERFORM RAPID WARM-UPS PRIOR TO ANY ACTIVITY

- RAPID WARM-UPS – short bouts of smooth, controlled motions, 5-10 seconds each
- DAILY STRETCHING – hold each stretch for 10-20 seconds, & repeat up to 3x

Best Practice:

Lifting from the Ground up



PRO Moves Concepts:

Use these lifting techniques to safely pick-up items from the ground

Staggered Squat



Use when you will be on the ground for longer durations. Knee protection is recommended.

Golfer's Lift



Use when picking up small and light items from the ground using a single hand. Off hand should be supported by table/wall, etc.

Squat



Use when picking up multiple bottles or heavier items from the ground. Knees should stay over toes.

Positions to Avoid



Positions that are Better



Positions that are Ideal

