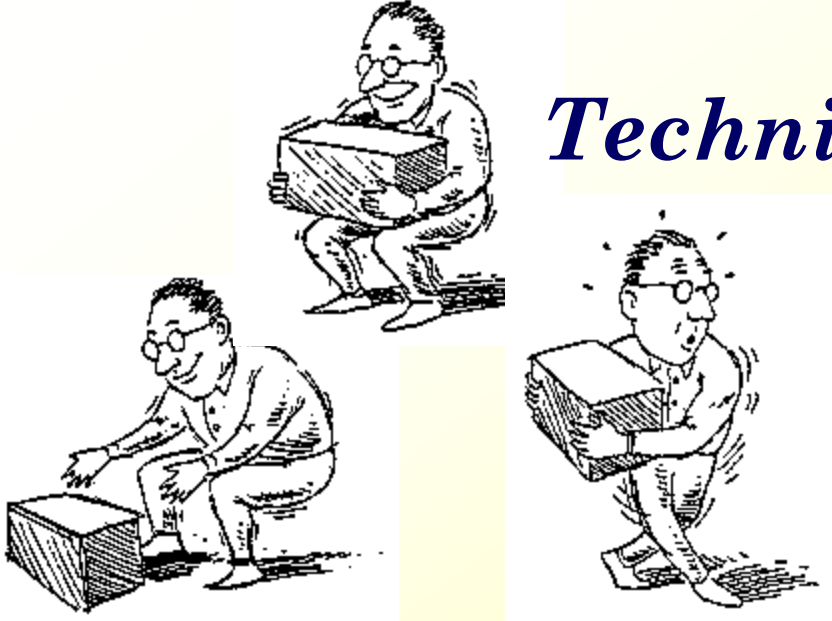


Techniques For Safe Lifting



Preventive Back Care - Once you understand how your back works and what can go wrong, you're ready to start taking care of your back--for the health of it.

By using proper posture when you sit, stand, lift, recline and move and by exercising the muscles that support your back, you can prevent the most common causes of backaches.

Safe lifting means keeping your back aligned while you lift, maintaining your center of balance, and letting the strong muscles in your legs do the actual lifting. By using the following techniques you can learn how to lift safely and save your back from accidental strain and injury.

1. **Bend Your Knees** - *Not your waist.* This helps you keep your center of balance and lets the strong muscles in your legs lift.
2. **"Hug" The Load** - Try to hold the object you're as close to your body as possible as you gradually straighten your legs to a standing position.
3. **Avoid Twisting** - Twisting can overload your spine and lead to serious injury. Make sure your feet knees and torso are pointed in the same direction.