HOMEBUILDERS
SELF INSURERS FUND

CORRECT LIFTING

Lifting is something we all do every day of our lives at home and on the job. We do it so often, we rarely think about what we are doing or how we are doing it until the back starts to hurt. Repeated incorrect lifting can and often does result in back injury. Using correct lifting techniques can help reduce these painful experiences.

The goal of correct lifting is to maintain the natural posture of the back. The back has three natural curves:

- Neck.
- Middle back.
- Lower back.

If these curves are properly maintained, the pressure on the disc is minimized and lifting strength is maximized.

Basic Guidelines for Correct Lifting

- Size up the load – get help if needed.
- Inspect the path of travel. Choose the easiest path with the fewest obstructions. Remove any slip/trip hazards if possible.
- Get firm footing with your feet shoulders' width apart and one foot slightly behind the other.
- BEND your knees, NOT your back or waist.
- Get a firm grip – use both hands and gloves if needed.
- Lift with the leg muscles, NOT the back.
- Keep the load close.
- Pivot on your feet, DO NOT twist the back when changing direction, and turn the entire body.
- Reverse the steps once the destination has been reached.

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