PEARSON
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If you've ever "thrown out" your back while doing a seemingly simple task -- lifting a package, moving a piece of furniture, carrying a child -- you've learned firsthand the importance of safe lifting techniques for protecting your back. Safe lifting is easy to learn, simple to do, and may be one of the most important skills you'll ever learn.

Safe Lifting Makes Sense

Safe lifting techniques keep your back in balance and can protect you and your back from accidental strain and overload. It makes sense -- to keep your back working smoothly and problem-free, lift right!

1. Visualize the Lift
The first step in safe lifting is thinking. "Can I lift it by myself?, Can I hold it close to my body?" If the load is manageable, follow the remaining tips.

2. Tuck Your Pelvis
By tightening your stomach muscles, you can "tuck" your pelvis to keep your back's three curves in balance.

3. Bend Your Knees
Bend your knees instead of your waist. Let the large muscles in your legs support your back and carry the weight.

4. "Hug" The Load
Try to hold the object you're lifting as close to your body as possible, as you gradually straighten your legs to a standing position.

5. Avoid Twisting
Twisting while you lift or carry increases the load on your spine and can lead to serious injury. To avoid twisting, be sure that your knees and torso are moving in the same direction when lifting.

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