

The Mechanics of Lifting

**How
Your
Back
Works**

The elements of your back...

- moveable bones (vertebrae)
- shock absorbers (discs) between the vertebrae
- ligaments and muscles that keep the back aligned in three balanced curves

Unsafe lifting... is any lifting that upsets your back's alignment, such as:

- bending at the waist to pick up or put down an object.
- twisting as you lift or put down an object.

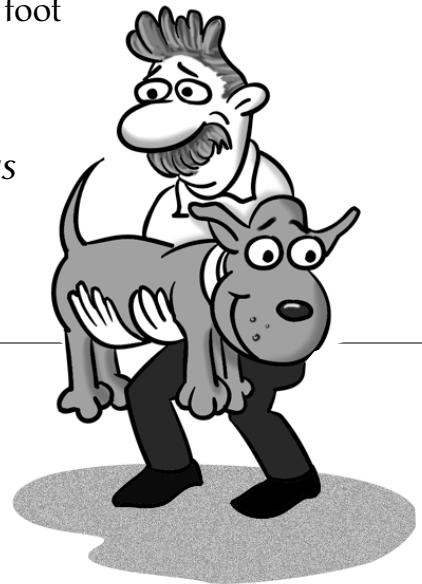
When you lift unsafely, your back is forced to work too hard.



Safe lifting... keeps your back in alignment. You do this by:

- bending your knees instead of your back.
- holding the load close to you.
- lifting straight up, then turning the whole body by moving one foot at a time.

When you lift safely, your legs do the work, not your back.



Remember...

Back injuries are the most common industrial accident.

Before you lift, ask yourself:

“Does it have to be lifted?”

“If so, are there mechanical aids available?”

“Can I lift it alone?”

“Is it too big or awkward?”

“Do I have a clear path and good footing?”



LIFTING & MOVING MATERIAL