

Lifting Techniques

Overview

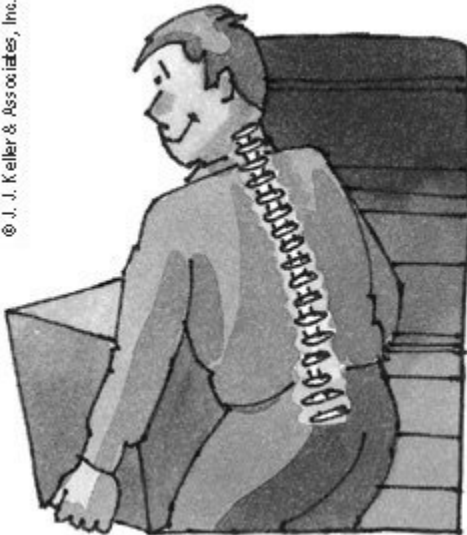
Sprains and strains to the muscles, tendons, ligaments, and disks of the back is the most commonly reported workplace injury in the DNR. Most of these back problems are preventable through the use of proper lifting technique.

Back problems

Back problems can include:

- strains and sprains.
- torn ligaments.
- ruptured or slipped disks.
- muscle spasms.

© J. J. Keller & Associates, Inc.



Rules of good lifting

Rules of good lifting include the following:

- Stretch out before the lift.
 - size up the load before lifting—test by moving a corner or pushing the load.
 - bend the knees when lifting—let your legs do the work.
 - place feet with wide base of support and center yourself over the load.
-
- lift straight up in a smooth motion.
 - do not twist or turn your body once the lift is made.
 - make sure there is a clear path—don't fall over something you can't see.
 - set the load down properly.
 - always push a load that is on a cart—never pull it.
 - if it is a long object, get some help.
 - split the load into smaller loads if possible.

Other factors

Back injuries can also occur off the job. Some non-work-related factors could also contribute to back problems. Hobbies and leisure activities can prove to be a source of back problems. Keep your self in good physical shape and monitor your activities off the job as well.