

Correct Lifting Techniques

While lifting an object, the following principles can minimise the risk of injury:

- Get as close to the weight as possible
- Keep feet wide apart to improve stability
- Bend from the hips and knees not from the waist, maintaining the natural curve of the lower back
- Tighten the lower abdominal muscles drawing the navel in against the spine, helping to support the spine
- Don't lift and twist from the torso, but rather move your feet
- Don't lift after sitting for extended periods, as the ligaments of the back are stretched and vulnerable to injury.



Incorrect Lifting Techniques

Please make sure you **avoid** the following while lifting:

- lifting a weight beyond your capacity
- lifting a heavy weight
- lifting an object too high
- twisting of the body when lifting
- not having a firm hand grip on heavy, awkward, sharp or slippery objects
- not using the head, back and legs in the correct manner
- bad posture.