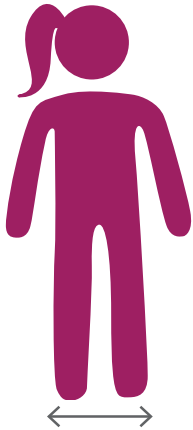




# PROPER LIFTING TECHNIQUE

Proper lifting technique is important every time you lift and move objects. Before you lift a heavy object, decide where you are going with your object and the best path to get there safely, without too much turning or twisting.



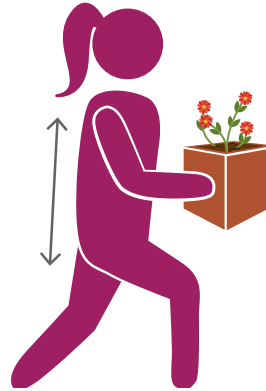
## START SMART

Stand with your legs hip distance apart and place one leg slightly in front of the other.



## TIGHTEN YOUR CORE

You can either squat to grab the object, or move down into a kneeling position and grab the object. Be sure to keep your back upright and core muscles tight. If you are in a kneeling position, it might help to rest the object on your bent leg as you prepare to stand.



## USE YOUR LEGS

From a squat or kneeling position, tighten your core muscles and lift straight upwards with your legs – not your back. It is often helpful to hold the object close to your body as you lift.



## FOLLOW YOUR FEET

As you lift the object, be sure not to twist or turn from the waist. When you are ready to move with the object let your feet lead the way.



**ALWAYS BE SURE THAT YOU CAN LIFT THE OBJECT ON YOUR OWN. IF THE OBJECT IS TOO HEAVY, ASK FOR HELP.**

For more healthy tips, visit [APMhealth.com](http://APMhealth.com)

