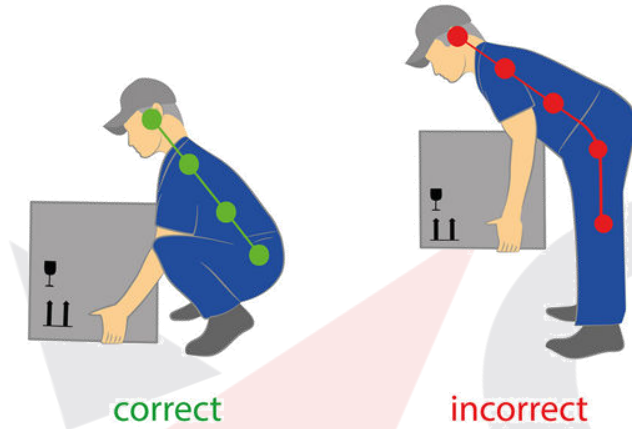


How to appropriately lift an object:

1. Move in close to the load.
2. Bend at your knees, not at your waist.
3. Keep your back straight and avoid unnecessary twisting.
4. Hold the load close to your body.
5. Lift the material using the strength of your legs, not your back.



How to Reduce Overexertion:

- ⇒ Divide the load for safer transport.
- ⇒ Push materials rather than lift.
- ⇒ Ask a coworker to assist your lift.
- ⇒ Use material handling devices such as dollies, carts, wheel barrows, lift trucks and skid loaders.

Warming up your back for lifting activities:



Leg and Back Warm-up:

1. Prop 1 foot on a chair or stool for support.
2. Take a deep breath.
3. Ease forward slowly-keep your back slightly curved forward.
4. Blow air out slowly as you ease forward to a count of 7.
5. Switch and do the same with the other foot.



Backbend:

1. Stand with your feet about 12 inches apart.
2. Support the small of your back with your hands.
3. Hold your stomach in firmly and take a deep breath.
4. Arch backward-bend your head and neck as you go blowing air slowly out.