

## Lifting Technique

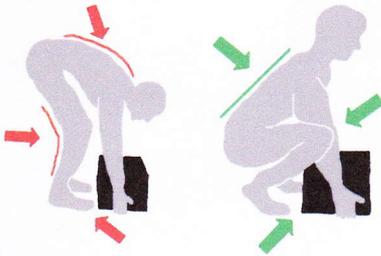
When performing a lift it is always important to first plan how you will approach it: -

- ✓ Consider how heavy the object is, will you need assistance?
- ✓ Consider where you need to carry the load to, are there obstacles that need to be moved?
- ✓ Are there any aids available to help with the lift?

Once these considerations have been taken into account then the steps below will help you to lift the object in a safer fashion.

### Step 1 Prepare to lift

- Ensure you start with the object as close to your body as possible.
- You should be squatted down to the object with your knees bent. It is essential that you do not start the lift with straight knees. Make sure you have a stable footing and stable platform to lift from.
- Ensure you achieve a secure grip on the object whilst keeping it close to your body.
- Maintain a completely flat back before you begin the lift. This is vital to reduce the strain through your lower back and to avoid injury.
- Brace your abs (core) by pulling the belly button into the spine creating a squeeze sensation. Maintain this sensation throughout the lift.



### Step 2 Lifting

- It is vital that throughout the lift you maintain the squeeze sensation through your core and keep your back completely straight at all times.
- The lift action should come mostly from the legs as you drive towards an upright position.
- Ensure you straighten knees and hips at the same pace. Do not allow the knees to straighten quicker than the hips, allowing the back to bend in the process.
- Throughout the lift it is important to keep the object as close to your body as possible, allowing it to come away from the body will encourage your back to bend and will increase strain and the chance of injury.



### Step 3 Moving off

- Once you're upright keep the object close to you.
- As you move away with the object keep the chest tall and proud, encouraging the back to remain straight. It is vital you avoid any back bending or slumping throughout the move.
- Whilst moving maintain the squeeze sensation in the core.
- Avoid twisting the torso at any point in the move.
- Once you reach your desired location lower the object by reversing the lifting action. Do not allow the back to bend at any point.

