





BROUGHT TO YOU BY THE
SELECT MEDICAL OUTPATIENT DIVISION

Heavy Lifting Tips for the Holidays

With the holidays in full swing, it's easy to forget about safe lifting. But before you try lifting the turkey out of the oven, bending over to pick up a gift or squeezing a TV into the back seat or trunk of your car, consider the following tips to ensure you don't spend time flat on your back.

Get Help

The best way to avoid injury is to get help from a machine or another person(s).

Plan The Move

Inspect the pathways and destinations to ensure they are clear before you begin the lift.

Keep A Wide, Balanced Base Of Support

Keeping your feet wider than your shoulders helps distribute weight evenly throughout your lower body, decreasing pressure on your lower back. It also helps you remember the next point.



Bend At The Knees; Not Your Waist

Bending at the knees shifts the weight of the object you are lifting from your low back (small postural muscles) to your gluteal (buttock) muscles, quadriceps and hamstrings, which are stronger power muscles.

Tighten Your Abdomen

The simple maneuver of pulling in or tightening your abdomen activates your body's own natural weight belt. To do this, pull your belly button up and in to the back of your spine but don't hold your breath. Hold this position for the duration of your lift. This braces your low back and will "lock" you into place.

Keep The Object As Close To Your Body As You Are Able During The Lifting Process

Lifting an object away from your abdomen will exert more pressure on your back.

Keep Your Head Up, Chin In And Look Straight Ahead

This will help you lift with your head and shoulders first.

Now You're Ready To Lift!

Stand straight up and you should feel no increase in pressure go through your low back. You can apply these simple techniques in any situation.