

Lifting with Proper Posture

Lifting Is Strenuous— It Requires Proper Training And Technique. By Lifting With Your Large, Strong Leg Muscles Instead Of the Small Muscles of the Back, You Can Prevent Back Injuries. There Are Five Steps to Follow When Lifting an Object

GET CLOSE TO THE LOAD As If You're Hugging The Object

TIGHTEN YOUR STOMACH MUSCLES To Support The Spine.

DON'T HOLD YOUR BREATH WHEN LIFTING Exhale when lifting

MAINTAIN YOUR CURVES

Keep Yourself In An Upright Position While Squatting Down To Lift

LIFT WITH YOUR LEGS

Your Legs Are The Strongest Muscles In Your Body So Use Them

PIVOT DON'T TWIST

Turn With Your Feet, Not Your Back. It Isn't Built For Twisting From Side To Side

