

How to lift heavy objects



Here are two correct ways to lift a heavy object.

Place both feet on opposite sides and as close to the object as possible. Hollow your lower back by contracting its muscles to protect the spine before lifting the object. While lifting the object, try to pull it closer to your pelvis, (your midline of gravity). Extend your neck (look up) and keep your back straight and only use your legs and hips to lift the object. Make sure your actions are deliberate and slow.

Place your left foot as close to the object as possible. Hollow your lower back by contracting its muscles to protect the spine before lifting the object. While lifting the object, try to pull it closer to your pelvis, (your midline of gravity). Extend your neck (look up) and keep your back straight and only use your legs and hips to lift the object. Make sure your actions are deliberate and slow.

Here are two incorrect ways to lift a heavy object:

