

Lifting Safety

Keep Your Spine Aligned



There are a few basic rules you need to remember when lifting that will help you stay healthy and avoid injury

1. Test each load or box to see how heavy it is by pushing it with your hands or feet. If it is too heavy wait for a partner to help you.
2. Make sure you have a good grip. To many people lose their grip and their items come falling and this can often cause injury.
3. Next you need to know where you're going with each box so you are not holding the weight to long and you can safely pick it up and set it down at its final place.
4. Always make sure your path is clear so you do not trip over anything while moving.
5. When lifting boxes over your head use a step ladder to ease the process.
6. When picking up objects from the floor, position the box between your legs and lift with your legs and keep your back straight and your chest up.
7. Use smooth slow movements and avoid jerky, quick movements.
8. Don't rely on back belts to avoid back injury, they have not been proven to reduce the incident of back injury.
9. The best way to carry a box is with all the weight between your waist and shoulders and as close to your stomach as possible, this will reduce the strain on your back muscles.
10. Always remember, many hands make light work, call some friends and family and have them all help to reduce the strain on everyone.

If you do withstand an injury, the best thing to do is **lay down** and **rest**. Use **ice** on the area that is affected and give a professional a call so they can evaluate your injury to determine the best course of care needed.



BARTH FAMILY CHIROPRACTIC
3539 Southern Hills Dr. STE 4
Sioux City, IA
712-274-3353