

## Techniques for Preventing Low Back Injury When Lifting

Overview:

Proper techniques in handling loads can significantly reduce the chances of low back injury.

Poor Technique	Good Technique
Pushing the pelvis away from the load.	Tuck in the pelvis and straighten the back.
Bending over at the waist.	Bend your knees to approach or deposit the load.
Lifting with a bent back using upper extremity or back muscles.	Keep the back straight when lifting using the leg muscles.
Holding the load at arms length.	Hug the load close to the body.
Twisting or pivoting at the waist with the load.	Avoid twisting. Turn by putting the the left or right foot in the direction you want to go.
Trying to lift a heavy or awkward load by yourself.	Ask for assistance from coworkers.
Having an insecure or uncertain grip.	Make sure that you have a firm grip.
Carrying the load over uncertain terrain with view blocked.	Make sure the path is clear before lifting.

References:

Williams G. Safety. What are your company's odds for injury? Accessed 07/10/2003 at [www.aednet.org/ced/july98/injury.htm](http://www.aednet.org/ced/july98/injury.htm)