

How To Lift

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Lifting correctly will help prevent back pain. When lifting, use these tips:

- Plan your lift. Remove anything that might be in your way.
- Test the weight of the object before trying to lift it. Try lifting one edge of the object to see how heavy it is.
- If the item is too heavy to carry, ask for help.
- Use proper posture.
 - Stand tall. Keep your feet shoulder width apart.
 - Keep your chest up.
 - Keep your stomach muscles tight and pulled in.
- Do not hold your breath.
- Keep the object as close to your body as possible.



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Do not arch your back when you lift.

- Keep your back in a balanced position while you are lifting.
- Use your legs to lift as much as possible. Pivot your feet to turn.
- Use smooth motions. Do not jerk.

Squatting Lift

- Stand as close to the object as possible.
- Keep your back straight. Keep your stomach muscles tight and pulled in.
- Keep your feet shoulder-width apart.
- Squat down by bending at your hips and knees, not your back.
- Slowly lift by straightening your legs. Keep your back straight.
- Keep the object close to your body.
- Keep your stomach muscles tight.
- Use your feet to pivot to turn.
- Do not twist.



Keep your back straight, chest up and stomach muscles tight when you lift with your knees.

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(over)

Golfer's Lift (for Light Objects)

- Stand on one leg while bending forward at your hip.
- Keep your back straight and your stomach muscles pulled in.
- Do not hold your breath.
- Extend your other leg behind you for balance.
- Reach down with the arm opposite of the leg extended behind you to pick up the object.
- Hold onto the back of a chair or other support for added balance.
- After you pick up the object, bring your extended leg down. Keep your back straight as you stand.



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Be sure to keep your balance as you bend forward.



When using the kneeling lift, squat down to the item to prevent back pain (top, left). Keep the object close while you lift (bottom, left). Keep your back straight throughout the lift. (bottom, right).



Kneeling Lift

- Stand as close to the object as possible.
- Keep your back straight and your stomach muscles pulled in.
- Do not hold your breath.
- Keep your feet hip width apart. Place one foot forward. Put your weight on the balls of your feet.
- Lower down onto one knee.
- Lift the object from between your legs. Keep it close to your body.
- If the object is heavy, you may lift it to rest on your knee.
- Slowly lift by straightening your legs and keeping your stomach muscles tight. Keep your back straight.
- Use your feet to pivot when turning.
- Do not twist.