Keep Your Back Healthy

How To Lift

- Place you feet shoulder width apart
  This gives you a stable base of support while lifting
- Keep your back straight
  Bending over while lifting can injure your back
- Lift with your legs
  Bend your knees and use your leg muscles to power your lift
- Tighten your abdominal muscles
  This helps keep your back strong. Just be sure not to hold your breath!
- If you need help, ASK
  Do not try to lift things that are awkward, bulky or too heavy all by yourself
- Don’t twist your back
  Move your feet instead
- Keep the items you are lifting close to you

Healthy Habits...
For a Healthy Back!

- Adopt good postural habits
- Maintain a healthy body weight
- Maintain a strong back
- Maintain good flexibility
- Participate in a regular exercise program

(provided by UCR EH&S Ergonomics Program)

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