

# Putting mind over matter...



## Think before you lift.

Lifting is strenuous—and your back will let you know if you've done it incorrectly. To avoid back pain and injury, think about these five approaches before you lift:

- Get as close to the load as possible—as if you're hugging the object.
- Keep yourself in an upright position while squatting to pick up the object.
- Tighten your stomach muscles to help support your spine.
- Use your legs, the strongest muscles in your body.
- Turn with your feet, not twisting your back.

When you put your mind to it, you can avoid back injury when you follow these simple lifting techniques.



**BlueCross BlueShield  
of Texas**



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