



BlueResourceSM – Better Living – Lifting Properly

Use Your Legs, Spare Your Back

Sudden, shooting pain in your lower back can happen. Maybe you lifted a heavy box, child, pet or piece of furniture. These lifting tips can help you avoid the pain. Your back will thank you!

Size up the load. Decide if you can lift and move it by yourself. Get help if it's too large or heavy.

Stand firmly. Plant both feet on the ground, shoulder width apart. Position one foot slightly in front of the other for extra stability.

Get a good grip. Use your entire hand to get a solid hold on the object. Place your hands as close to the bottom of the item as possible.

Leverage your legs. Bend your knees and use your leg muscles to slowly lift in a controlled manner. Keep your back straight. Don't bend at the waist.

Keep it close. Hold the item as close to your body as possible. Carry it between your chest and upper thighs to reduce the force placed on your back.

Turn safely. Change direction carefully using your feet to turn. Avoid bending or twisting at the waist while lifting or moving anything.



Lift the right way to avoid pain.

Source: *Proper Lifting Techniques*. Princeton University Environmental Health and Safety. 2020.

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