

Location _____ Trainer _____ Date _____

LIFTING and LOWERING OBJECTS

The manner in which the individual stoops, reaches, lifts, and carries equipment can save many an injury.

The average husky young person and some husky healthy older person, too - have one bad safety fault. They are strong and they know it - know it and bank on it too much, sometimes. When something comes up that takes strength, they don't hesitate to tackle it.

Sometimes they use their muscles more than their brains. That is what is likely to set up an accident.

To lift a heavy object from the floor, get close to it, squat down, keep the back straight, and lift mostly with the legs.

To assume the proper position for lifting it is necessary to do the following:

- Spread the feet and assume a semi-squat position so that leg and hip power will be effective. Remain flatfooted.
- Incline the trunk forward at the hips until the arms are directly over the object. At the same time, keep the back (and neck) as straight as possible.
- Gradually straighten the legs and hips. Remain flatfooted.
- Pull the object upward and inward toward the trunk.
- Maintain a straight back (and neck) and gradually move the back to a vertical position.
- Gradually assume an erect standing position.
- Lift object to about waist level, or higher if more comfortable, for ease in carrying.

When lowering a heavy object to the floor, just reverse the above procedure. **REMEMBER:** If it's too heavy - **get help**.

Keep your balance - Do not move joints beyond normal limits - Let the strongest muscles do the heaviest work.