



KEEPING A NEUTRAL SPINE

Using a wide stance for lifting does not automatically guarantee that you are taking your back out of the lift. To truly take your back out of the lift, you must create a neutral spine. This means that you are keeping the natural curves of your spine intact while you lift. This is especially true of the lower back curve which normally forms the small of your back. You can easily accomplish this by simply lifting your head and chest just before you lift.

Notice in the illustration on the left, how the lifter's entire back is rounded out even though he may be using wide stance. This is because his head is down and will result in a wide stance back lift.

The illustration on the right shows how the lifter's lower back curve is held in place as he lifts his load. This is because he has put his head and chest up just before the lift. Remember, that as you go down for your load, you can certainly look at it, but just before you lift, be sure to put your head and chest up to bring your spine into neutral.