



LIFTING FROM A LOW RACK

When lifting low lying items it feels very natural to use your back as seen above. But remember, it is not always the weight of the item you are lifting that stresses the back but instead the weight of your upper body. To keep your upper body weight and your back out of the lift, try this. Stand at an angle to the load so that you have a space into which you can move the item. If it a one-handed lift, bridge your opposite hand onto your thigh. This transfers the weight of your upper body to your thigh, by-passing your back, plus you can now use your upper body strength for part of the lift. As the load moves out to you, use your other hand to help grip it and carry it away. This is a very good way to lift light weight items without lifting your upper body weight too!