



USING LIFTING STRAPS

As you know, there are many techniques available to you when using lifting straps. Your personal technique may reflect the wrist strap as seen in the illustrations above, or your particular straps may have built-in loops and grips to aid in the way you grasp the strap. The positioning of your strap on the piece to be moved, may also vary with personal taste. The one item that should not vary from technique to technique, is USING YOUR LEGS RATHER THAN YOUR BACK. As seen in the first illustration, this individual is going to lift a heavy chest of drawers with the strap, and is standing in a half-leg, half-back lift stance. This will result in a very clear cut back lift and should be avoided at all costs. Instead, to lift with straps, take a wider stance which will allow you to use your legs much more efficiently and, just as importantly, allows you to keep your back in neutral. Wide stance POWERLIFT® is what allows the knees to move to the side, out of the way for large, bulky objects. This way you can get much closer to them, which in turn, allows your back to remain IN NEUTRAL as you lift. In a wide stance, your legs are much stronger than in a narrow stance. So feel free to utilize your own personal style on positioning and wrapping the belt. But when it comes to the way you lift, make sure that your back stays out of the lift by keeping in a neutral wide POWERLIFT® stance.