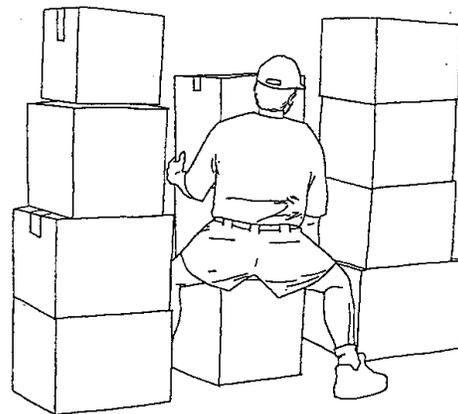


Quite often we are faced with lifting items that are not out in the open, and don't leave much space for a wide POWERLIFT® stance. Before we know it, we are lifting like the worker in the illustration on the left. At first this looks like a reasonably good lift, but note how his back is twisted to get close to the load. Most back injuries do not occur from the weight of the load being lifted, but rather from the bending and twisting of the back when we lift.

If at all possible, avoid bending and twisting your back. Instead, try to move objects that are in your way, as seen in the illustration on the right. This cannot be done all of the time of course, but doing it when you can, will go a long way to keeping your back in good working order.

Remember, the most important part about lifting is to avoid the bend/twist of the back.



LIFTING IN A TIGHT SPACE