

Curative Safety Guide: Proper Lifting Techniques

1

Get a firm footing, bend your knees

- Keep your feet apart (shoulder width) for a stable base.
- Bend at your knees and not at your waist.



2

Tighten stomach muscles

- Tighten your abdominal muscles to help support your back when you lift.



3

Lift with your legs

- Let your powerful leg muscles do the work of lifting, not your back muscles.



4

Keep the load close

- Hold the load close to your body.
- Carry it next to your center of gravity, near your belly button.
- The closer it is to your spine, the less force it exerts on your back.



5

Keep your back upright

- Whether you are lifting or putting down the load, keep your back straight.
- To turn, step with your feet rather than twisting. Twisting while lifting is a frequent cause of injury to your back.



Curative Care Network, one of the largest, most experienced and comprehensive outpatient medical rehabilitation and human service organizations in the nation, improves the function and quality of life for persons with disabilities or limiting conditions.

To order additional copies of the Curative Safety Guide: Proper Lifting Techniques, call 414-479-9212.