

4 WEEK

Injury Prevention Challenge



Proper Lifting Technique

- Avoid awkward stretching, bending, and reaching to lift an object. Ask for help!
- Stand close to the object as you prepare to lift.
- Widen stance about shoulder width apart.
- Bend at hips, then knees while keeping back straight.
- Keep shoulders pulled back and chest lifted. This will help your back to not round.
- Engage the abdominals to support your low back as you lift.
- Avoid twisting! If you need to turn, do so with your feet.
- Hold the object close to you at waist height. Avoid lifting above shoulder height.
- Check out the video below for a demo!

