

PROPER LIFTING GUIDE

Each year, approximately two million back injuries occur across the U.S.; roughly half of them are sustained in the workplace. In fact, back injuries account for one in five workplace injuries – and **75% of those occur during a lifting task.**

BACK INJURIES ACCOUNT FOR ONE IN FIVE WORKPLACE INJURIES

You've probably heard "lift with your knees, not with your back," but what does it mean? Put simply, you should never bend forward to lift a heavy object. **Instead, you should squat, secure the load, and stand by straightening your legs.**



TIPS FOR PROPER LIFTING:

- STAND AS CLOSE TO THE LOAD AS POSSIBLE.
- PLANT YOUR FEET SHOULDER-WIDTH APART WITH ONE FOOT SLIGHTLY AHEAD OF THE OTHER.
- BEND AT THE HIPS AND KNEES ONLY UNTIL YOU'RE DEEP IN A SQUATTING POSITION.
- KEEP YOUR HEAD UP AND STRAIGHT WITH YOUR SHOULDERS BACK TO KEEP YOUR BACK STRAIGHT.
- HOLD THE LOAD CLOSE TO YOUR BODY AT WAIST HEIGHT.
- ENGAGE YOUR CORE MUSCLES AS YOU PUSH AGAINST THE GROUND AND STRAIGHTEN YOUR LEGS.
- TO SET DOWN, REVERSE THE PROCESS.

LIFTING DON'TS:

- **NEVER** TWIST YOUR TORSO WHILE LIFTING. STAY "NOSE BETWEEN YOUR TOES."
- **NEVER** LIFT A HEAVY ITEM ABOVE SHOULDER LEVEL.
- **NEVER** CARRY A LOAD THAT OBSTRUCTS YOUR VISION.
- **NEVER** HOLD YOUR BREATH WHILE LIFTING, MOVING, AND SETTING THE LOAD DOWN.

REMEMBER PROPER BACK SUPPORT:



FOR EXTRA SUPPORT DURING PROPER LIFTING, BRASS KNUCKLE BKBS BACK SUPPORT IS THE COMFORTABLE AND ADJUSTABLE SUPPORT BELT THAT HAS YOUR BACK.

- ATTACHED, 1.5" ELASTIC SUSPENDERS TO DISTRIBUTE SUPPORT THROUGHOUT TRUNK
- FOUR DIFFERENT SIZE OPTIONS TO ENHANCE PROPER FIT, WITH ADJUSTABLE CLIPS TO FURTHER CUSTOMIZE SUPPORT
- TAPERED ABDOMINAL SUPPORT TO BETTER FIT THE BODY
- SIDE PADDING AND LUMBAR SUPPORT TO INCREASE COMFORT AND BOLSTER TRUNK SUPPORT
- POLYESTER/MESH/ELASTIC BODY FOR DURABLE PROTECTION
- HOOK-AND-LOOP CLOSURE FOR CUSTOM FIT

