

JOHN LANT & PARTNERS

OSTEOPATHS

206 CHESTERTON ROAD CAMBRIDGE CB4 1NE

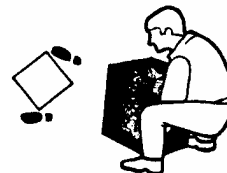
Tel: 01223 367661 (3 lines) or Fax: 01223 303344 admin@johnlant.co.uk www.johnlant.co.uk



Advice Sheet AS1: Lifting Techniques

1. Plan the lift. How heavy is it? Will you need help? Where are you going to take it?
2. Position your feet. Place your feet slightly oblique and close to either side of the load before lifting. This will help you keep your balance whilst moving the load.

If the load is too bulky get someone to help you. Push or pull objects to get them nearer then keep the load close to your body. Using the palms of your hands – not just your fingers – keep the load from slipping and jarring your back.



3. Keep your back straight by bending your knees. Let your legs take the strain. Keep the load close to your body as you straighten up and while you carry the load.
4. Put the load down still keeping it close to your body. Then slide it into place.

▪ **Lifting odd shapes**

Be sure to get help if the item is too bulky or awkward to handle alone. If you can handle it alone:

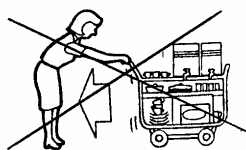
- ❑ Test the load to check its weight
- ❑ Get as close to it as you can
- ❑ Follow the steps for lifting as before remembering to use your legs.

Remember it is not just the items which are heavy or awkward that strain the back. Sometimes it is the small, light objects that can catch us out because we don't give much thought to the way we go to pick them up. It is important to THINK, before we do anything with our backs that involves bending or reaching.

▪ **Other tips with moving objects are:**

1. **Whenever possible Push – don't Pull.**

Pushing uses your legs and body weight instead of the back.

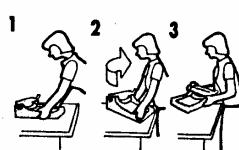


2. **Don't over-stretch**

use ladders or steps when you can.

3. **Don't over-reach into a car boot**

Try to slide or roll objects towards you so you can get a better hold of them.



4. **Don't over reach**

Slide whatever it is towards you. Get it in a better position to lift it up.