

## ***Lifting Body Mechanics***

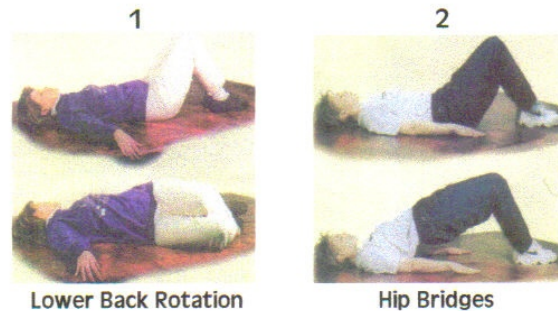
### **The Basics**

1. **Test the load.** Before you lift, check the weight and make sure you can lift it safely. If not, get help or use an assistive device
2. **Keep your back in its natural curve.** Bend at the hips and /or knees. With the low back erect, the forces are distributed safely.
3. **Maintain a wide base of support.** A solid and wide base will help reduce the possibility of slipping.
4. **Hold objects as close to you as possible.** This reduces the stress on the back.
5. **Do not twist when carrying.** Move or change directions with the feet. This decreases the stress and load on the back.
6. **Tighten stomach muscles when lifting.** The abdominal muscles will assist in lifting and reduce the strain on your back.
7. **Think before you lift.** First think how you will lift the object. Plan the path and make sure it is clear.
8. **Lift with the legs or the larger muscles.** Using the larger muscle groups helps to diminish the forces on the low back.
9. **Maintain good communication if two or more people are involved.** Good timing on a lift reduces the likelihood of jerky or sudden unexpected movements.
10. **Move obstacles out of the way.** Making sure the path is clear (clearing away tools, toys, loose rugs, etc.) decreases the risk of slipping or falling.
11. **Push rather than pull.** It is easier to utilize your weight advantage when pushing.
12. **Eliminate repetitive lifting duties if possible.** Place things or supplies that you constantly need or use at a better height to decrease lifting activities.

## **Benefits of Back Exercise**

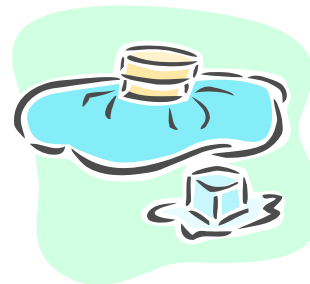
- Improve your posture and appearance
- Decrease your risk of injury
- Build your back to its maximum potential

## **Simple Back Exercises**



## **How to Make Your Own Cold Pack**

1. Pour 3 cups of water into a zip lock bag
2. Add 1 cup of isopropyl alcohol
3. Mix contents
4. Close bag and place in another bag and close the second bag
5. Place in freezer



Contents should turn into a slushy mixture.  
**Apply on 10-15 minutes at a time.**