

Bend your knees to lift with ease

Shovel. Lift. Plant. Rake. You can do it without the ache ... if you learn how to lift correctly. The good news is – most lifting injuries are preventable. Here are the tried and true rules for lifting with care, without hurting your back.



Get Close to the Load

Stand with your feet shoulder width apart, head up, feet and body pointing in the same direction.



Knees Bent, Back Straight

Check the weight of what you're lifting. Use your leg and arm muscles to smoothly and slowly lift the load.



Make Sure You're in Sync

Keep the load close to your body. Pivot with your feet...don't twist your body while carrying the load.



Easy Does it

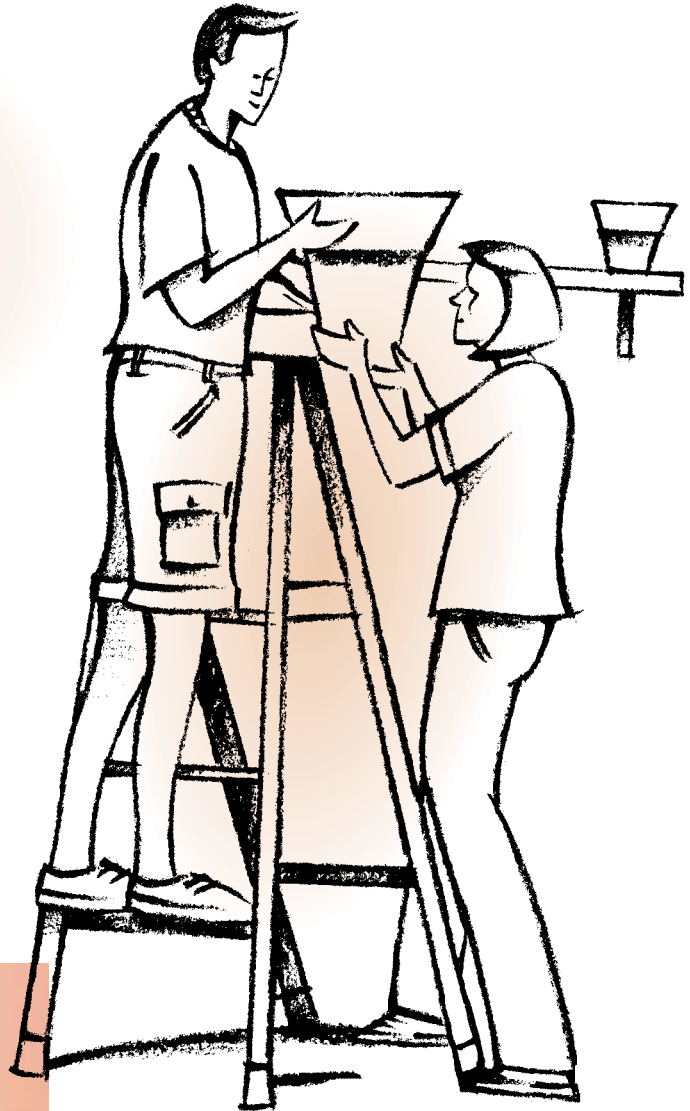
Bend your knees and slowly lower the load to its intended place. Do not lift heavy objects above your waist. Avoid heavy lifting immediately after prolonged bending or kneeling.



Above Your Waist

Many hands make light work. Literally! So get some help with the heavy and awkward loads. Stand on something solid. Slowly lift the load, keeping it close to your body and pass the load to your helper.

Following these tips will allow you to plant and rake without the ache for many years to come.



Have the right tools for the task at hand
Ensure you drink plenty of fluids
Alternate between light and heavy jobs
Lift correctly
Take frequent breaks
Heavy loads should be shared
Your feet should be protected with thick soled supportive shoes

Before you start, warm-up your muscles
Avoid muscle strain, learn the right techniques
Change positions frequently
Kneel to plant and weed
Spinal check-ups can help keep your back healthy

Take Care of Your Back

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor.

Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.



Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273
www.chiropractic.on.ca

Chiropractic.
Treatment that stands up.