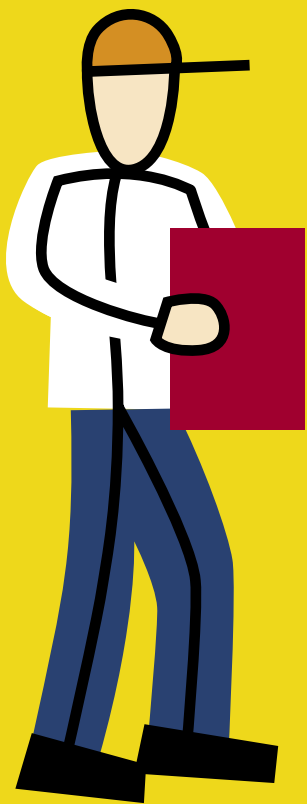


# Watch your back

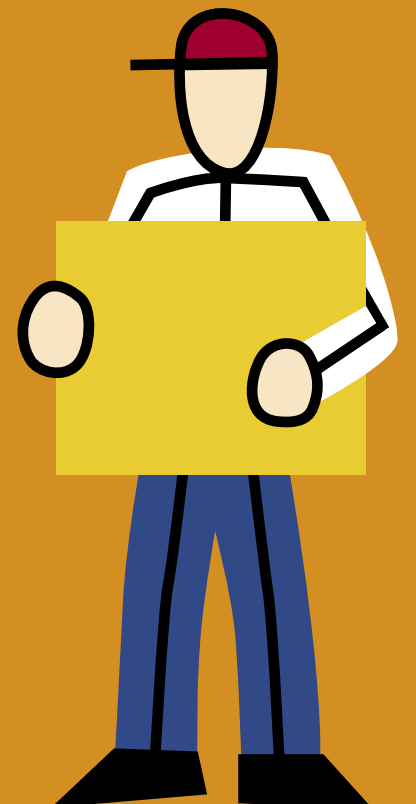
## The Principles of Proper Lifting



### Maintain a natural posture.

You'll notice your lower back curves naturally when standing straight. Do your best to maintain this posture while lifting, lowering or moving.

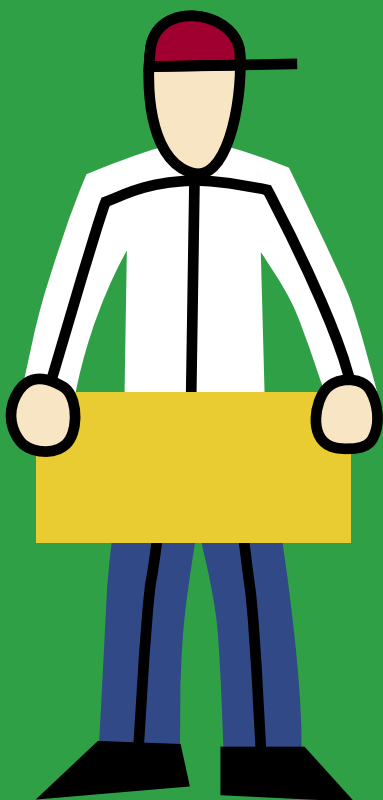
This position assures the greatest spinal and back stability.



### Hug that load.

Holding a load close to your belly and body reduces the strain placed on the muscles of your back and trunk.

If required, wear protective clothing to prevent sharp objects from causing injury.



### Flex your abs.

Contracting your abdominal muscles – or “bracing” – when lifting, lowering or moving improves your spinal stability. Even slight ab contractions can largely reduce your likelihood of getting injured.



### Don't do the twist.

Twisting decreases the stability of your back and increases your likelihood of injury. Pivot with your feet to turn, rather than twisting your body.