

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

