

PROTECT YOUR BACK

Lifting Tips – Keep It Close!

Keeping the load as close as possible to your body is the most powerful way to reduce the workload on your back when you lift. The further you reach away from your body to pickup and carry the load, the more force you place on your back. Here some tips to reduce reaching when you lift and carry objects.

How Far Is Too Tar?

Regulations do not specify safe weight limits. Individual capability varies based on your size, age, and sex, as well as fitness level.

The guide to the right identifies maximum lifting loads at different heights and distances from the body. The closer to your "power zone", the higher the load allowed. The "power zone" extends from mid-chest to mid-thigh directly in front of you. When you have to twist or lift multiple loads, weight limits are reduced.

The closer you can keep load, the safer the lift. Your physical capacity to lift is reduced by about 50% when you reach as little as 10-12" away from your body when lifting an object.

How Can I Get Close To What I Have to Lift?

- Approach the corner of the item and spread your feet at least shoulder width apart.
- Keep the heaviest side of the load next to your body.
- Tip the load towards you to raise it off the floor. This reduces reach.
- If you can't get close to the object, slide it towards you before lifting it.
- Use your feet if you have to turn; don't twist or lean forward at your waist.



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