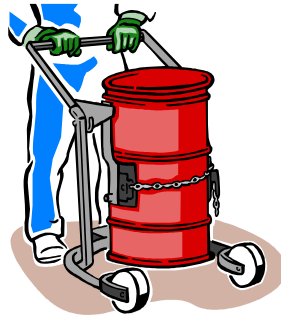


Back to Basics:
Safe Lifting, Carrying and Strengthening for a
Healthy Back
APMA CONFERENCE
August 25, 2008



PowerPoint Notes:

IMPORTANT TECHNIQUES

"U R LATE":

1. Keep your back Upright.
2. Reduce the Lever Effect-keep the load close to your body. Bend at your knees, not at the waist.
3. Use the strength of your Legs.
4. Contract your Abdominal muscles.
5. Test the weight of the load and assess the weight and dimensions. How will the lift 'look' if you were watching yourself as an observer.
6. Breathe-Inhale before you lift the load and Exhale as you lift—do not hold your breath!

LIFTING AND CARRYING TIPS:

1. Wear the right shoes for the job (shoes which support your feet and body).
3. Pay attention to your body mechanics.
4. Wear orthotics when necessary (see your physician).
5. Ask for help! Assess each situation carefully. Test the weight of an object before lifting by picking up a corner.

over..

6. Avoid twisting the body while lifting and carrying. Rather, move your feet to turn.
7. Avoid the over-reach or stretch!
8. Follow your company's belt Policy, if applicable.
9. Know your limits!
10. Place objects up off the floor.
11. Raise/lower shelves.
12. Use mechanical equipment and/or trolleys, levers, pulleys, cranes, hoists, lift tables, and other lift-assist devices whenever you can.

BENEFITS OF EXERCISE:

- Improves strength
- Reduces risk of injury
- Improves flexibility
- Reduces joint pain/stiffness
- Increases heart and lung capacity (oxygen uptake)
- Aids in weight/fat loss- lowers BMI (Body Mass Index)
- Improves immune function
- Lowers LDL/Raises HDL
- Lowers triglycerides
- Reduces risk of heart disease
- Reduces stress hormones
- Improves insulin sensitivity
- Lowers risk of stroke
- Reduces neuromuscular tension
- Lowers blood pressure
- Lowers resting heart rate
- Reduce risk of some cancers

