

Name : _____ Signature: _____ Date: _____

PROPER LIFTING AND BACK SAFETY

THE WIDE STANCE POWERLIFT

- A wide stance allows us to get closer to the load, since our knees are no longer in the way. Our feet remain flat on the floor, creating a more stable base and the knees only have to bend to a 100-degree angle for the lift.
- To create a powerlift, get close to the load by approaching its corner while spreading your feet wider than shoulder-width apart. Then bend your knees while you lift your head and chest; lifting the head and chest helps rotate your hips forward, which keeps your back in its strong neutral position.

THE POWERLIFT TIPPING LOAD

- Then tip the load towards you, which creates “handles” for a firm grip while also raising the load off the floor to create an easier lift. Then lift your legs like an elevator instead of using your back like a crane.



THE POWERLIFT TRIPOD LIFT

- As you go down, support yourself with one hand on a shelf and the other on the opposite knee. This lift creates three points of support, foot, knee, foot; move the load and place it on your opposite thigh.
- Let your thigh support the weight of the load as you rise. In fact, you can even push down on the load as you rise; pushing down on the load helps to push you up.

THE GOLFER'S BEND

- When doing this lift, you must be both supported and crossed over.
- This means that if you are supported by your right hand, then your left foot must stay on the floor. This frees your hip to pivot when reaching the load.



THE LEAN-BAR LIFTING TECHNIQUE

- Transfer all of your body weight to the lean bar, example, a car's bumper. If you can still feel the lift in your back, then you are not leaning with enough force.

BRIDGING

- Bridging works by giving you better balance and increasing your strength. By pushing off against a solid object or your other thigh, you eliminate the added weight of your upper body from the lift, increasing your strength by about a third.