

5 L'S OF LIFTING

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LOAD - Always sample the weight of the object you are planning to lift beforehand with a nudge or a push.

LEVER - Get as close to the object as possible, the closer the object's weight is to your center of gravity the less force you place on your back, creating a lever effect.

LEGS - Always bend your knees and push up through your feet to stand, allowing the muscles in your back to act as a support.

LOOK - Your head should lead the lifting process, keep your head and chin up and your sightline clear.

LUNGS - Inhale as you bend down, and exhale as you lift and stand up.



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