LIFTING

HOW DOES LIFTING INJURE YOUR BACK?

Lifting improperly can stress the back, affecting its structures. Discs, which cushion vertebrae, have a jelly-like core surrounded by fibrous rings and ligaments. Poor lifting technique can cause increased disc pressure, potentially leading to inflammation, tears, or ruptures to the disc and surrounding tissues. Twisting or jarring movements while lifting can also impact the back's facet joints.

LIFTING CAPABILITIES

- Weak back and stomach muscles reduce back protection.
- Reduced leg strength limits power for lifting, increasing back strain.
- Poor fitness leads to muscle fatigue, adding stress to the back.

CONTRIBUTING FACTORS

- The weight of the load
- How far the load is away from your body
- How repetitive the lifting is
- The speed of the lift

HOW TO IMPROVE YOUR LIFTING

- Plan the lift by removing obstacles and opening gates/doors.
- Know the object's weight.
- Coordinate with a partner if needed.
- Get a firm footing, feet shoulder-width apart.
- Ensure a good grip on the load.
- Bend at the knees and hips, using legs to lift.
- Brace abdominal and back muscles.
- Lift smoothly, avoiding jerking or twisting.
- Keep the load close to your body.
- Do not hold your breath.
- Shift feet to turn; avoid twisting your back.
- Avoid fatigue, as many injuries occur when tired or unwell.