

- Maintain the normal curves of your spine during all activities.
- Use your legs not your back.
- Maintain a wide base of support.
- Test the weight before lifting.
- Ask for help or use equipment if load is heavy.
- Keep elbows in and load close when lifting.
- Keep stomach tight when lifting.
- Pivot - don't twist.
- Use golfer's kick.



Maintain lumbar lordosis



Correct lifting



Incorrect lifting



Golfer's kick