LIFTING
This document identifies factors that affect your back when lifting and lowering. Controlling the factors when lifting and lowering can reduce stress and injury to your back.

Object Weight
- The heavier the object, the greater the stress on your back
- If possible, reduce weight of loads prior to moving them (by splitting the load in half)
- If the load is too heavy, get help or use a mechanical lifting device

Distance
- The further the object is from your body, the greater the stress on your back
- Position the object as close as possible to your body before you begin the lift
- Don’t reach over other objects. If other objects are in the way, move them

Height
- Lifting the object from the ground is more stressful than lifting the same object from several inches off the ground. When possible, store objects on adjustable platforms

Acceleration
- The faster you accelerate an object when lifting, the greater the stress on your back
- If the object is heavy, get help or use a mechanical lifting device
- The faster you place an object down, the greater the stress is on your back

Stance
- Having the feet too close together can increase stress to the back if something unexpected happens (the load shifts, someone bumps into you, your foot slips)
- Your feet should be about shoulder width apart to give you side-to-side stability and staggered to give you forward and backward stability

Torso Stability
- The more torso motion you allow during the lift, the greater the stress to your back
- Try to keep your torso stable during the lift
- The lift should be initiated with your legs

Twisting
- Twisting during a lift increases the stress to your back
- Instead of twisting, come to an upright position, then pivot using your feet

Visit www.ehs.ucr.edu for additional information or call EH&S at 827-5528 if you have any questions.