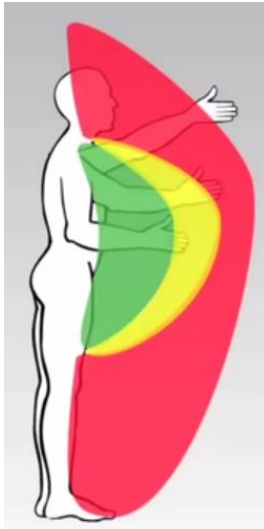




## Safe Lifting

### Location, Location, Location:



Store only lighter items above shoulder level

**Strongest Lifting Zone:**  
Between mid-thigh and waist height

Store only lighter items below knee level

Used with permission from:  
[TSCBC](#)

### Engage your Abs:



When you contract your transverse abs (deep stomach muscles) you should feel tension under your fingertips and not a contraction that pushes your fingers out

Used with permission from:  
[Pilates Success](#)

### Safe Lifting Technique:



- ✓ Think before you lift
- ✓ Test load
- ✓ Get in close
- ✓ Wide stance
- ✓ Maintain a neutral spine
- ✓ Bend knees
- ✓ Get a good grip
- ✓ Look forward
- ✓ Engage abs
- ✓ Breath out as you lift

Used with permission from:  
[Dr. Aker, Sarasota Chiropractors](#)