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*