

# Bend your knees to lift with ease

Shovel. Lift. Plant. Rake. You can do it without the ache ... if you learn how to lift correctly. The good news is – most lifting injuries are preventable. Here are the tried and true rules for lifting with care, without hurting your back.



## Get Close to the Load

Stand with your feet shoulder width apart, head up, feet and body pointing in the same direction.



## Knees Bent, Back Straight

Check the weight of what you're lifting. Use your leg and arm muscles to smoothly and slowly lift the load.



## Make Sure You're in Sync

Keep the load close to your body. Pivot with your feet...don't twist your body while carrying the load.



## Easy Does it

Bend your knees and slowly lower the load to its intended place. Do not lift heavy objects above your waist. Avoid heavy lifting immediately after prolonged bending or kneeling.



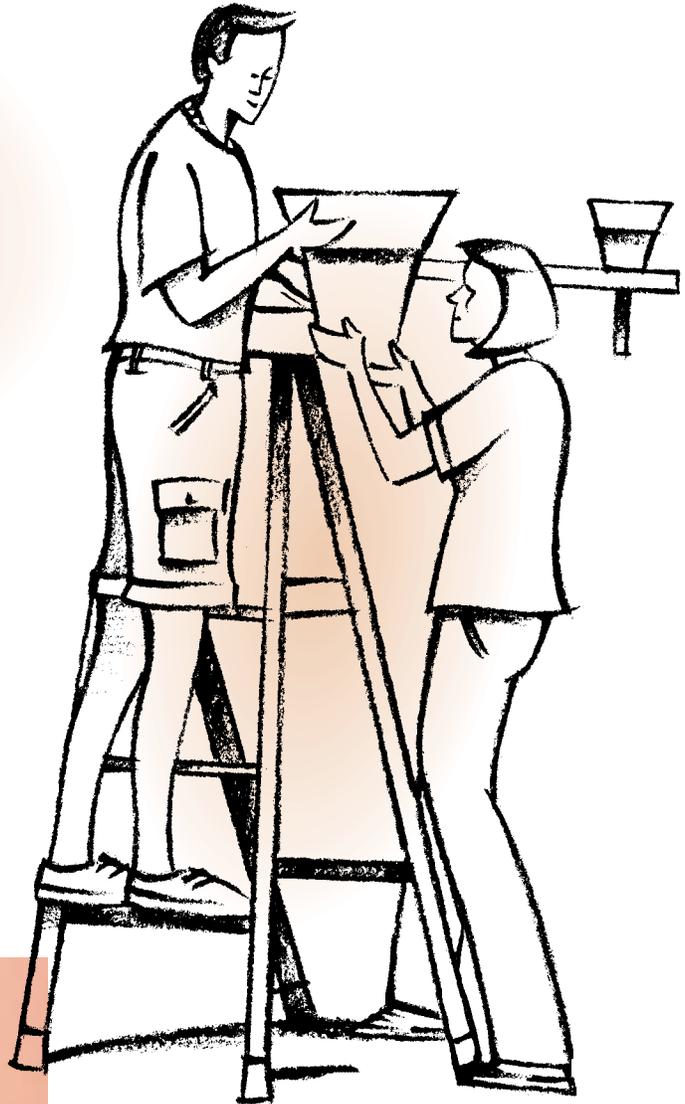
Ontario Chiropractic Association  
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## Above Your Waist

Many hands make light work. Literally! So get some help with the heavy and awkward loads. Stand on something solid. Slowly lift the load, keeping it close to your body and pass the load to your helper.

Following these tips will allow you to plant and rake without the ache for many years to come.



**H**ave the right tools for the task at hand  
**E**nsure you drink plenty of fluids  
**A**lternate between light and heavy jobs  
**L**ift correctly  
**T**ake frequent breaks  
**H**eavy loads should be shared  
**Y**our feet should be protected with thick soled supportive shoes

**B**efore you start, warm-up your muscles  
**A**void muscle strain, learn the right techniques  
**C**hange positions frequently  
**K**neel to plant and weed  
**S**pinal check-ups can help keep your back healthy

## Take Care of Your Back

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor.

Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.



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