



DON'T TWIST AND SHOUT

"Never twist when you lift or you'll have something to shout about."

It doesn't really matter if you are trying to move or lift something that is heavy or light, big or small. Don't twist when you are lifting or carrying something, especially while you are bent over.

The twisting of your body can cause an injury to your lower back. When your arm and shoulder muscles are extended or tense, the muscles extending into your back are put under more strain and the weakest ones, lower in your back, are more easily injured. Here are a few simple things to remember so you can avoid hurting yourself.

- First, the rule is that you should turn your feet, not your hips or your shoulders. That means you need to think ahead a little about how you're going to handle something. And you need to take a look at the space you have available, and the path you need to take, in order to move it.
- You should be lifting or picking up in the direction that you will be moving. Since that is not always possible, you should make sure you will have room available to shift your feet after you grasp whatever it is you're moving, so that you won't need to twist your upper body. If you will need to turn in another direction once you've picked the object up, start off by turning one foot out slightly into the direction you're planning to move.
- And in fact, these precautions apply even if you're not taking the material anywhere else. Just standing in position to do your work, or even sitting, you should avoid twisting your body. This means you should be trying to arrange your work (or yourself) so that the work is in front of you and you won't need to twist. Try to arrange things so that you have enough space around you to turn your entire body instead of twisting.

Take a look at your work areas and work layouts and make whatever improvements you can so you won't need to twist.

Remember the principle - turn your feet, don't twist your body.