

# Preventing Workplace Injuries



**Nachmias  
Chiropractic**

Brooklyn, NY

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## Fundamentals of Proper Lifting

*With workers in the standing posture, all objects to be transferred in the workplace should be positioned between knuckle height and shoulder height, not to exceed fingertip reach. Also avoid twisting while bending. Most injuries to the lower spine occur during the act of flexion (forward bending from the waist) in conjunction with simultaneous rotation and twisting.*

When objects to be transferred are located off to one side, avoid planting your feet in a stationary position while rotating your trunk during the process of lifting/ sliding/ gliding the object. Align your head, face and trunk with your feet to face the object you are transferring squarely before you go to lift or transfer it, thus avoiding the need to rotate. Another simple way of instructing workers is by using this phrase, “As you move your nose, move your toes,” and then demonstrating precisely what you are telling them.

Use a “wide-stance” posture when lifting. In addition to keeping your spine straight and your knees bent, you should spread your feet at least 6 inches wider than your shoulders when preparing to lift. This posture provides substantially more leverage from the lower limbs with notably less strain on the lower spinal tissues. It is also the lifting posture that worker will “buy into” so compliance is more readily accomplished.

Keep the load close to your body. Stress on the lower spine increases exponentially as a load is carried forward of your body’s mid-line and base of support (your feet). To dramatically teach and demonstrate this phenomenon, have the worker hold an object such as a loaded briefcase or a bowling ball out away from their body at full arm’s length, with the elbow and wrist locked.

Optimal lifting involves a conditioned person performing a prepared lift with an accurately anticipated load that does not exceed their physical capacity. The most dangerous situation is having a deconditioned worker lifting an excessive load while unprepared.

Never flex from the waist while carrying or transferring a lifted object. Obtain a secure grip and then assume the fully erect posture before moving your body and the object to be transferred through space. Encourage workers to use provided handles on parcels, boxes, crates, or other objects to be transferred through space. Encourage manufacturers and suppliers to provide cut-out handles in cardboard boxes and other parcels to facilitate ease of lifting and transferring of parcels and packaged materials.

### About Us

Nachmias Chiropractic has served the community since 1990. Dr. Adam Nachmias provides quality, chiropractic care in a friendly, relaxed environment. Dr. Adam offers his services at two locations; Manhattan and Brooklyn. The Brooklyn office is now relocating to the Bay Ridge area. Nachmias Chiropractic invites you to visit their new office and to learn more about how chiropractic care and massage therapy can change your life.

Sincerely, Dr. Adam Nachmias - Nachmias Chiropractic

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