

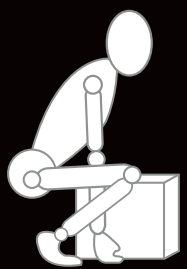
# PROPER LIFTING

REDUCE THE RISK OF BACK INJURIES >>>

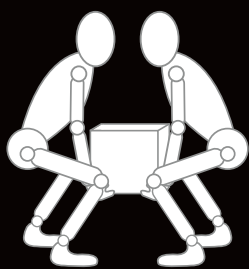
## EIGHT COMMANDMENTS OF LIFTING

### DID YOU KNOW?

SPRAINS // STRAINS ARE THE #1 INJURY RESULTING IN DAYS AWAY FROM WORK



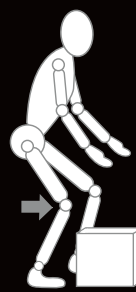
**1** Plan your lift and test the load.



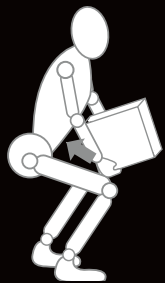
**2** Ask for help.



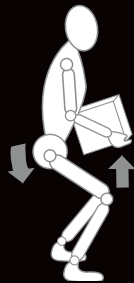
**3** Get a firm footing.



**4** Bend your knees.



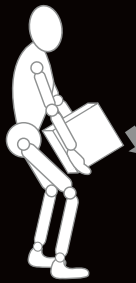
**5** Tighten your stomach muscles.



**6** Lift with your legs.



**7** Keep the load close.



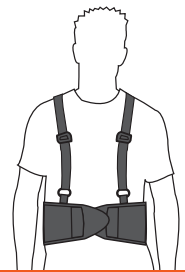
**8** Keep your back upright.

## HOW SHOULD IT FIT?

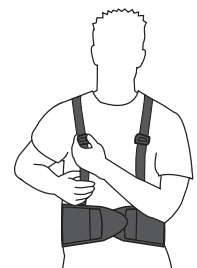
- // ProFlex® Back Supports should fit snugly around your hips with the front of the support two-fingers width below your naval.
- // The straps should be placed securely on your shoulders without causing tension.
- // The hook & loop fasteners should be closed completely.



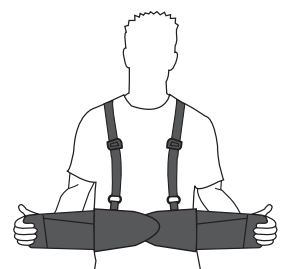
**1** Slip the back support on.



**2** Grasp each end of the waistband. Stretch the right end across the left and attach. The upper edge of the waist band should be below the naval. Fasten outer elastic bands loosely at your side.



**3** Adjust straps for a comfortable fit without tension.



**4** Before you lift - grasp the outer elastic bands and stretch forward as far as possible.



**5** Secure bands in comfortable position.

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