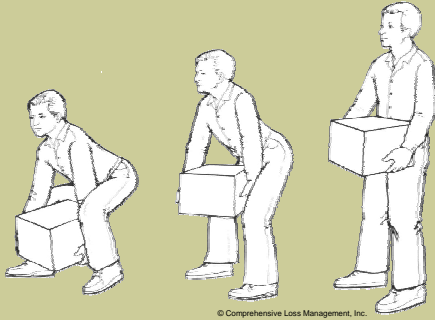


Lifting Techniques



**MAJORITY
OF BACK
CLAIMS
INVOLVE
TWISTING**

MISSISSIPPI MUNICIPAL
SERVICE COMPANY

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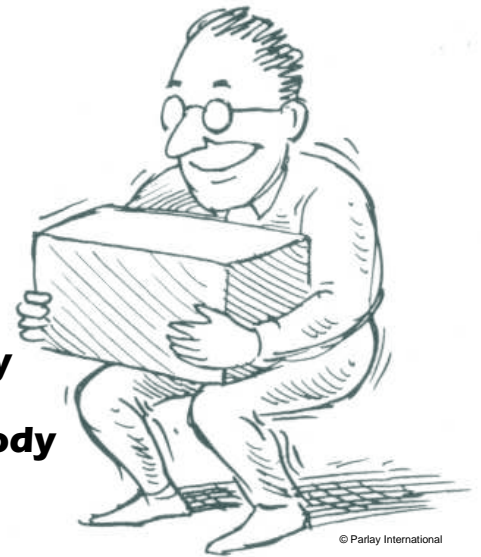


1. BEND YOUR KNEES

- Keep Back Straight
- Tighten Stomach Muscles
- Lift With Leg Muscles

2. "Hug" The Load

- Keep Load Close To Body
- Arm's Length Is 10x's Heavier Than Against Body
- Keep Back Aligned



3. Don't Twist

- A Majority of Back Claims Involves Twisting
- Don't "Over Do" It
- Pivot Feet



Lifting Extras

- ◆ Heavy Objects - Get Help!
- ◆ Use Lifting Equipment
- ◆ Push Instead Of Pull
- ◆ Look Up When Lifting