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TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

Using your Line of Strength **for Proper Lifting**

What is the best way to lift and control a heavy load when working by yourself? One option is to use a technique called Big Toe, Big Load.

- First put your best foot forward, which ever feels more natural, with your big toe touching the side of the load. This keeps your foot flat on the ground for good lifting power.
- Second, flex your knees keeping your back straight.
- Third, tilt the loads towards your big toe if possible. (This gives you an idea of how heavy the load is, and gets it closer to you prior to lifting.)



- Finally, bring the load up along your front leg keeping it close to your body at all times.



Always remember to put the load down the same way when you get where you're going.

So, what if you want to pick up a one handed, very light load? This is a lift we do not often think about because it is so light and easy to pick up. It is not the weight of the object that can cause potential back strain, it is the position your back is in.



Try using the opposite technique as the above mentioned, or Little Toe, Little Load.

- First, put your best foot forward with your little toe next to the item you are lifting.
- Second, flex your knees and reach down with the same side hand and foot and lift item straight up your leg.

Put the load down the same way when you get where you're going.

It is very important to take care of your back at all times. By utilizing the techniques outlined above, you can improve the quality of life for you and your family.

For more information, contact your Loss Control Consultant at (888) 562-7861

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