

# LIFTING AND CARRYING

**If your job involves lifting or carrying, these modifications and tips can help spare the joints of your shoulders, arms, hands and spine.**



## Wheeled Carts

Instead of carrying packages, supplies or files between offices or different areas of your workplace, transport them on a wheeled cart. Doing so will not only spare your hands and shoulders but will also provide some support while walking.

## Grabbers/Reachers

To reduce bending and stretching, use grabbers or reachers to retrieve small, lightweight items from the floor or high shelves.

## Braces

Consider a back brace to help provide support and stability, reduce back strain, limit excessive movement, and maintain proper posture when lifting. Speak with your doctor or occupational therapist about the appropriate brace for you. Some employers may require a back brace for heavy lifting.

## Strengthening Exercises

Work with a physical therapist on a plan of exercises to strengthen the shoulder, arm, core and back muscles. Doing so can help support your spine to reduce the risk of injury when lifting heavy objects. You can do the same with an occupational therapist or hand therapist to help increase hand strength and dexterity for grasping items to lift or for performing other work-specific tasks.

## Hand Protection

Try devices, such as a wrist brace, to support your hands and reduce pain when lifting. Arthritis gloves can provide compression and warmth, helping to reduce pain and improve grip strength.

## Proper Posture

When lifting and carrying, keep items close to your body and use your larger joints and muscles. Lift with your legs — not your back — and bend at your knees, not at your waist. Carry items from underneath, using your arm and shoulder muscles rather than gripping items with your hands.