

Pivot Technique - When you must lift an object and then turn to carry it away, it is common to twist the body.

Twisting *while* lifting can cause serious damage to the tissues of the back.

Use the pivot technique to avoid twisting while lifting.

1. Lift the load using any of the previous techniques.
2. Hold the load very close to your body at waist level.
3. Turn the leading foot 90 degrees toward the direction you want to turn.
4. Bring the lagging foot next to the leading foot. **Do not twist your body!**

