

## How to Perform a Proper Pivot

This sheet was produced as a quick reference on how to conduct a proper pivot when carrying a load. Using this technique can help to reduce low back injuries when carrying objects that are 50 pounds or less. If you are lifting more than 50 pounds *occasionally*, ensure that you have assistance or a mechanical lifting device.



1. See the handout, *How to Perform a Proper Lift*. This is the start position once you have completed the lift.
2. In order to turn, you want to use your legs by turning your hip, not twisting you back. In the pictures above, the weight was shifted onto the right foot and the left foot was turned toward the direction wanting to turn.
3. Then, the weight was shifted onto the left foot and the other foot was brought around.
4. Then, the movement was repeated to end up in the final position.

### NOTES:

1. To ensure you do not twist your spine during this manoeuvre, make sure your shoulders stay in line with your hips.
2. Another option to the above manoeuvre is to turn on the balls of your feet, still making sure your shoulders stay in line with your hips.

If you have any questions, please contact Randall Tresidder via e-mail, [Randall.Tresidder@nshealth.ca](mailto:Randall.Tresidder@nshealth.ca).