

# Points To Consider When Lifting Objects

## During Pregnancy



### Understand your medical condition

Find out how your pregnancy is progressing. If there are any complications, avoid lifting heavy objects.



### Know the limits

Increased physical exertion is not recommended during pregnancy.



### Lift things correctly

During pregnancy, the center of gravity changes. So, lifting things incorrectly can hurt you and the growing baby. Use proper technique while lifting objects.



### Know the warning signs

Pain or discomfort while lifting, difficulty lifting without holding your breath, and inability to lift using the proper technique are warning signs that you must stop.



### Take sitting breaks

If your routine involves lifting objects regularly, then take frequent breaks often.

