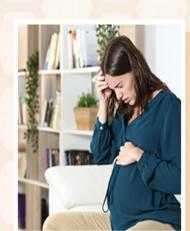
### **Points To Consider When**

# Lifting Ohjects

## **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.

Mom Junction

Source: https://www.momjunction.com/articles/is-it-safe-to-move-furniture-during-pregnancy\_00123279/