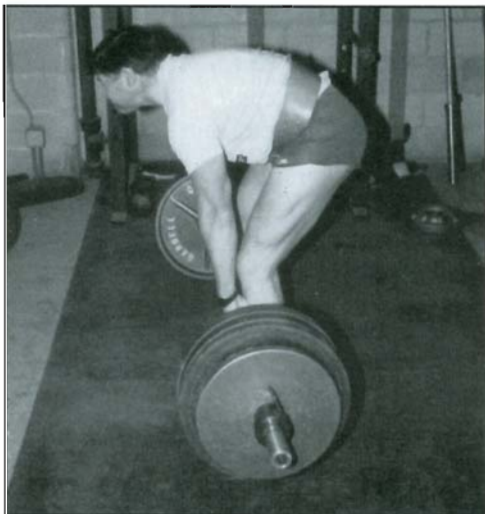
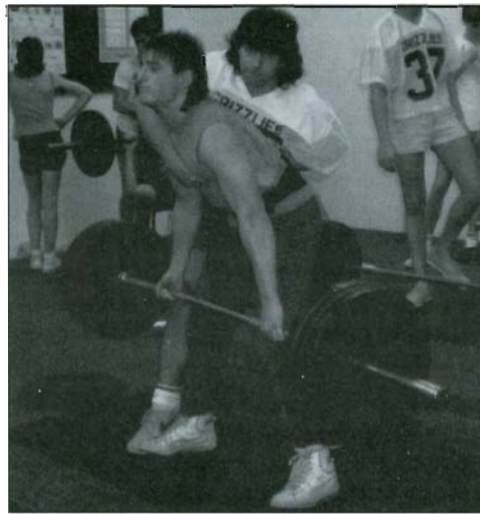


DEAD LIFT DANGERS



Dangerous Dead Lift Position. Weight Is Outside Of Center Of Gravity. Danger Is Compounded If There Is Pressure On Toes.



High School Athletes Doing The BFS Spotting System. Can You Find A Flaw In This Lifters Technique? Also Look Closely At The Lifters Right Foot.



Eric Leckner, Back-up Center For Philadelphia, Demonstrates The Trap Bar. Notice The Lower Back, Hips, Line Of Gravity, Head And Stance.

By Dr. Greg Shepard

I have been called as an expert witness in three separate law suits to aid in the defense of three high school coaches for weight room back injuries. The first two were settled out of court for next to nothing. The third may go to trial before the end of the year. Fortunately, for the coach and school district, the claimant's case is weak. However, the coach's case may not be that strong. The purpose of this article is to present guidelines on how to protect a coach from a winnable law suit as well as how to protect students and athletes. These guidelines will be not only for the Dead Lift, but all other weight room activities as well.

In a courtroom, a judge or jury must believe a coach took reasonable measures to insure the safety of his students. Now, how do you prove that? The least effective way is to bring in a number of students to testify about what was taught as far as technique and safety. This leaves your side vulnerable. The attorney for the other side will attempt to discredit, intimidate and find holes. He may even bring in students to testify the other way.

If you show our safety video to each class at the beginning of each semester, you can also show it to the judge and jury. This video clearly shows how to Dead Lift safely and

avoid possible dangers. Other powerful and unrefutable evidence is displaying our Safety Poster and Instructional Posters. The latter shows clearly Dead Lifting Technique. We also have instructional video's which extensively show the proper technique on all core lifts including the Dead Lift. It seems amazing, but a ten dollar poster could save a school district a million dollar lawsuit. But, that's the way it is.

Now, let's discuss the Dead Lift specifically. It has always been official BFS policy to never do regular Dead Lifts in a P.E. class or with athletes. The odds are high that someone at some time will lift with incorrect technique. Unfortunately, the Dead Lift is not very forgiving. Do it wrong and the percentages of getting through it safely are not that good.

As shown in the upper left hand photo, the weight is pulled outside the center of gravity. There is a tendency for the weight to pull you forward, consequently, the weight will be on the toes. Now, if you couple this with a back that is bowed like a banana, you're in trouble. Do it with your chin on your chest as you lift and that will additionally cause problems. The correct position is shown in the upper right photo.

It's our policy to do Trap Bar Dead Lifts. They are very forgiving. The weight is brought up through the

center of gravity. The chances of getting hurt on the Trap Bar are far less than regular Dead Lifts when doing the technique incorrectly.

At BFS clinics we have a few athletes go for a max on the Dead Lift, but we always do it with a spot as demonstrated in the middle photo. The spotter pushes down on the lower back with one hand while the other arm pulls the lifter back so the weight is on the heels. It is almost impossible to get hurt Dead Lifting with a spotter. The high school kids at our BFS clinics always Dead Lift between 400 and 600 pounds safely.

Doing Dead Lifts with a spotter or with a Trap Bar is certainly much safer than regular Dead Lifts and with more benefits. It's also smarter to do from a legal standpoint. We recommend you train with the Trap Bar and then once or twice a year have a max out party doing the Dead Lift with our BFS spotting technique.

Have you figured out the flaw in the middle photo? It's the stance. It is too wide. The Dead Lift, Clean or Snatch stance should be the same. This rule is especially for athletes. Get in the same stance as you'd do a Vertical Jump or a Standing Long Jump. We simply say, "get in a jump stance". For an athlete, this is a far superior way to coach the stance.....□