



DO IT SAFELY

USE THE CORRECT LIFT

Lifting objects is more complicated than you may think. In fact, there are various techniques to account for the weight and size of the load, the distance of the move and your capacity to hold the load.

Lifting Techniques

- *Diagonal Lift:* Straddle the object with one foot ahead of the other. Lower your body by bending your knees and hips. Firmly grasp the load, bring it close to your body and straighten up, headfirst.
- *Power Lift:* Stand almost over the object in a semi-squat position with your feet out wide, one in front of the other. Grasp the object and begin the lift with your head before straightening out your entire body and then pulling the object to your waist.
- *Tripod Lift:* Place one foot at the edge of the object and kneel down on the other knee. Then, grasp the object and lift or roll the object onto your thigh. Keeping your back straight, use both legs to stand up while cradling the load.
- *Golfer's Lift:* Place one hand on a supportive surface. Then, bend at the hip and raise one leg behind you. Look up while grabbing the load and then push yourself back up with the hand resting on the supportive surface.
- *Deep Lift:* Stand in front of the object with your feet shoulder-width apart. Squat to the floor and grasp the load in close to your body. Use your legs to raise yourself up.
- *Partial Squat Lift:* Stand with your feet shoulder-width apart with one foot in front of the other. Place one hand on your thigh and then bend your hips and knees into a partial squat position. Pull the object close to you and push up with your supported hand to stand up.
- *Straight Leg Lift:* Stand close to the load with your knees slightly bent and resting against the surface you're lifting from. Bend your hips and grasp the object. Lift by extending your hips while maintaining the curve in your spine.

Safety tips brought to you by:
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