



Lifting Safely

Lifting Techniques

Planning is essential to proper lifting techniques. Before you lift a heavy object, think through your task. Where is the object going? How will you get it there? If an object is too heavy to lift safely, ask someone to help you or make several trips carrying lighter weight.

Below are some common lifting problems and how to prevent injuries.

LIFTING PROBLEMS

SOLUTIONS

1. Lifting with back bent and legs straight.	Keep back straight and bend your knees!
2. Holding load too far from body.	Hold load as close to the body as possible.
3. Twisting while lifting.	Redesign the lift to avoid twisting. Turn your body using your feet. (See Pivot Technique.)
4. Losing balance during a lift because:	
<ul style="list-style-type: none"> Your feet are too close together. 	Keep a wide, balanced stance with feet generally shoulder width apart, or wider
<ul style="list-style-type: none"> The load is uneven or unstable. 	Test the load before you lift. If the load is uneven, then - Redistribute the load. - Use the Tripod lift. - Get help to lift the load.
<ul style="list-style-type: none"> The load is too heavy. 	If the load is too heavy, find: - Another person to help. - A mechanical lifting aid.
5. Contorting the body in order to lift and carry loads in cluttered areas.	PLAN THE MOVE: inspect the pathways and destination to ensure that they are clear before you begin the lift.
6. Poor coordination between two or more people during the lift.	COMMUNICATE! Plan the lift together in order to coordinate your actions.

Basic Lift (Diagonal Lift)

This lift is the most common method of good lifting technique. Use the basic lift for objects small enough to straddle where you have enough room to use a wide stance.

- When lifting an object from the floor, stand as close to the object as possible. Then kneel, resting one knee on the floor. *Don't lift from a standing position with your waist bent or your knees locked.*
- Stand with a wide stance: put one foot forward and to the side of the object.
- Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.
- Move the load as close to you as possible.
- If the box has handles, grasp the handles firmly and go to step 9.
- Put the hand (that is on the same side of your body as the forward foot) on the side of the object furthest from you.
- Put the other hand on the side of the object closest to you. Your hands should be on opposite corners of the object.
- Grasp the object firmly with both hands.
- Prepare for the lift: look forward. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.



If you are doing this lift correctly, your head will lift up first, followed by your straight back. If your hips come up first and you must bend your back as you straighten up, you are doing this lift incorrectly.

Power Lift

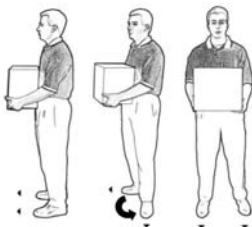
Use the power lift for objects too large for you to straddle. This lift is very similar to the basic lift. In the power lift, the object shifts your center of gravity forward, and you must push your buttocks out to compensate. (Professional weight lifters lift using this position.)



1. Put one foot in front of the other using a wide stance.
2. Keep your back straight, push your buttocks out and use your legs and hips to lower yourself down to the object.
3. Move the load as close to you as possible
4. Grasp the object firmly with both hands.
5. Prepare for the lift: look forward.
6. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with
7. your back straight, your buttocks out (exaggerate this position), and breathe out as you lift.

Pivot Technique

When you must lift an object and then turn to carry it away, it is common to twist the body. Twisting while lifting can cause serious damage to the tissues of the back. Use the pivot technique to avoid twisting while lifting.



1. Lift the load using any of the previous techniques.
2. Hold the load very close to your body at waist level.
3. Turn the leading foot 90 degrees toward the direction you want to turn.
4. Bring the lagging foot next to the leading foot. **Do not twist your body!**

Partial Squat Lift

Use the partial squat lift for small light objects with handles close to knee height.



1. Stand with the object close to your side.
2. Place your feet shoulder width apart, with one foot slightly ahead of the other.
3. Place one hand on a fixed surface (such as a table or stool) or on your thigh.
4. Keep your back straight, push your buttocks out and slowly lower yourself down to reach the object's handles.
5. Prepare for the lift: grasp the object and look forward.
6. For support as you lift, push down on the fixed surface (or on your thigh).
7. Lift upwards following your head and shoulders. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.

Remember the Basics

Sprains and strains to the muscles, tendons, ligaments and discs of the back may be the most commonly reported workplace injury. Most of these back problems are preventable through the use of proper lifting techniques, so remember the following:

1. Evaluate the load, if it is too heavy or awkward, get assistance!
2. Make sure there is a clear path to carry the load once you have lifted it.
3. Keep the load as close to you as possible.
4. Keep your back straight.
5. Turn your feet outward and push your buttocks out.
6. Bend your knees.
7. Keep your head forward. Your lift will be more balanced and the curves in your spine will stay balanced and aligned.
8. Breathe out as you lift.

SAFETY TRAINING SIGN-IN SHEET

Company Name: _____ Date: _____

Subject: Lifting Techniques

The following employees participated in this training.

1. _____
2. _____
3. _____
4. _____
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