

Common lifting problems:

- Lifting with back bent and legs straight
- Holding load too far from body
- Twisting while lifting
- Losing balance during a lift because:
 - Your feet are too close together
 - The load is unbalanced
 - The load is too heavy
- Unsafely changing body position in order to lift and carry load in cluttered areas
- Poor coordination between 2 or more people during a lift

When lifting, always remember to:

- Keep the load as close to you as possible
- Keep your back straight
- Turn your feet outward and push your buttocks out
- Bend your knees
- Keep your head aligned with your shoulders to keep your spine balanced and aligned
- Breathe out as you lift
- Set your environment, make sure you have a clear path and know where the object is going
- Test the weight of your load and use help if the object is too heavy or bulky

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Source

Information and photos from this section of the pamphlet are courtesy of US Army Center for Health Promotion and Prevention



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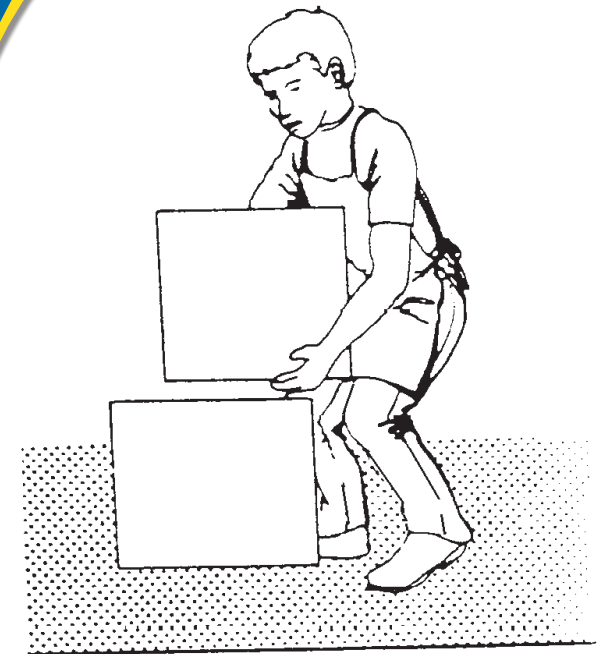
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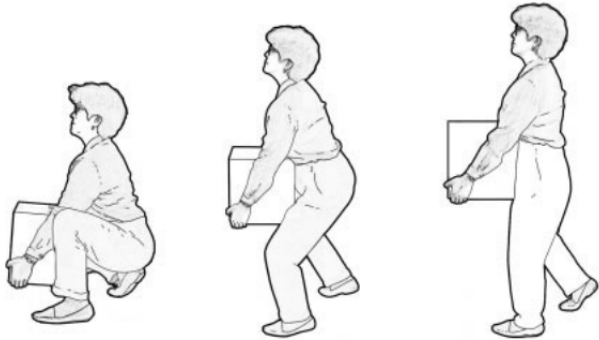
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Proper Lifting Techniques



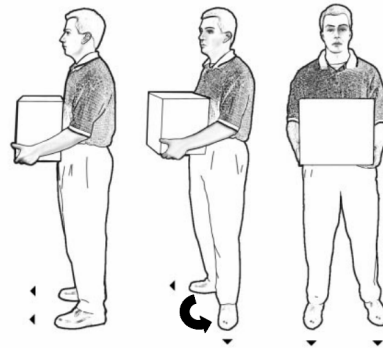
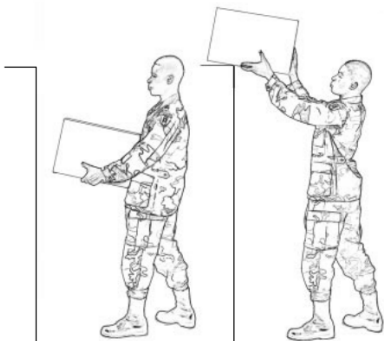
Basic Lift ▼

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.



Overhead Lift ▼

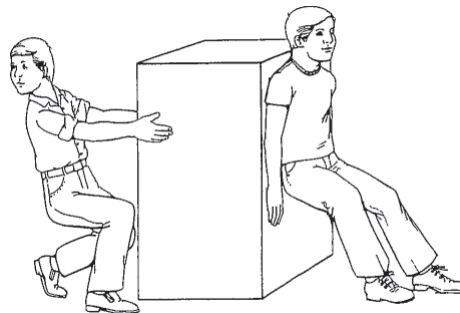
Use the overhead lift to place objects on an overhead shelf. This lift begins with the object in your hands. Be careful! Overhead lifts put you at increased risk for muscle strain. It can be difficult to maintain balance during the lift. If possible, avoid this lift. Only use this lift when absolutely necessary.



Pushing/Pulling ▼

Try to figure out a way to push if possible. If pulling is necessary:

- Test the load
- Clear a path
- Stagger your feet
- Tighten your abdominals
- Pull with your arms and legs
- Move in a slow & steady manner
- Slowly ease up to stop



◀ Pivot Technique

Twisting while lifting can cause serious damage to the tissues of the back. Use the pivot technique to avoid twisting trunk while lifting. Instead, use your feet to turn in desired direction.



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.

Partial Squat Lift ▶

Use the partial squat lift for small light objects with handles close to knee height. This lift can also be used to carry bags of groceries and shopping bags.

