

## BEFORE YOU LIFT...

### Examine the load

- Determine its shape, weight, whether the load can shift.
- Can you get a secure grasp on the load?
- Does the load have good handholds?

### Plan the lift

- Determine a safe route, free of clutter and potential tripping hazards.
- Is there enough space to put the load down?

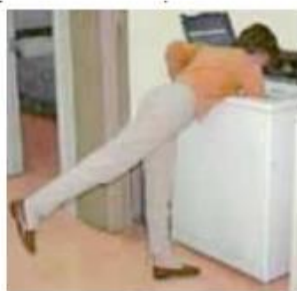
### Wear appropriate clothing

- Wear proper fitting gloves, when necessary.
- Allow for free movement.
- Wear proper shoes.

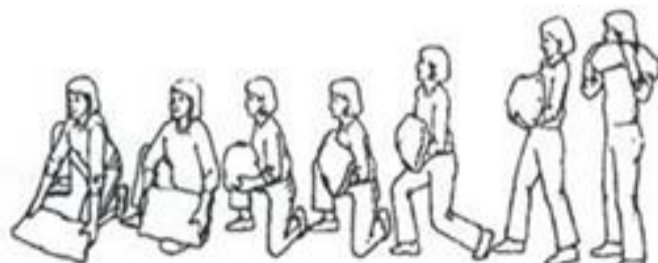
### The Basic Squat Lift

- Test the load.
- Feet shoulders width apart, one foot slightly ahead of the other.
- Squat down.
- Bring the load as close to the body as possible.
- Maintain the neutral curve in the low back – tighten abdominals, set back muscles, keep head and shoulders up.
- Get a good grip.
- Lift with the legs and stand up in a smooth, even motion.
- Do not twist while lifting – move the feet.
- Do not lift objects higher than eye level.
- Push, rather than carry the load, when possible.
- Use a dolly, cart or mechanical lift, when possible.

**The Golfer's Lift:** Used to pick up light, small objects out of deep containers or bins.



**The Tripod Lift:** Used for unstable loads, or for individuals with decreased arm strength.



**The Straight Leg Lift:** Used for when obstacles prevent you from bending your knees. Bend at your hips, and do not bend your back!

