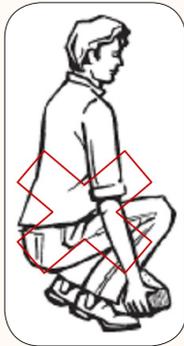


For years we've been taught lifting methods that have proven to be less than safe.

Deep-squat – Don't do!

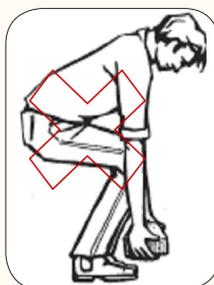
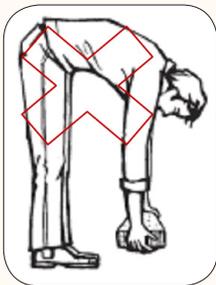


The most commonly taught method of low lifting is the leg lift or deep-squat. This method requires the knees and hips to be in almost a maximum bent position, with the buttocks close to the ground.

The negative implications of the leg lift include:

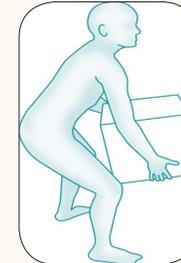
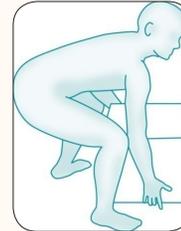
- Significant stress on the knee joint
- Poor stability through the lift action
- Strength and endurance required to extend the knees and hips under load is great
- Lift is not very adaptable
- Reduced mechanical effectiveness of the ankle, knee and hip joints

Likewise, stooping or semi-squat are equally as hard on the body and should be avoided when lifting:



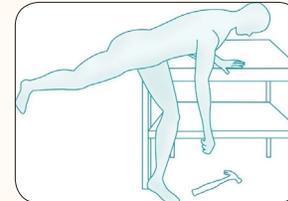
When lifting heavy or moderate to large items, use the **POWER LIFT**

- Assume a wide staggered stance for balance
- Place one foot on the side of the item and the other behind the item
- Bend at the hips to spare the spine and knees, keeping the lumbar curve in place (neutral)
- Keep the chin up to maintain the lumbar curve; the head should raise first, then the body



For lighter items or when reaching into bins or engines, use the **GOLFER'S LIFT**

- Place one hand on fixed surface or thigh to support upper body weight
- Lift leg to counterbalance weight and maintain lumbar curve
- Push down on fixed surface and bend your leg



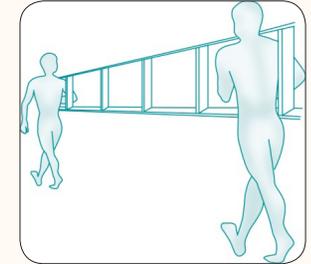
For small or light objects with handles close to knee height, use the **PARTIAL SQUAT LIFT**

- Stand beside object with one foot slightly ahead of the other
- Place opposite hand on fixed surface or thigh
- Keeping back in neutral, push your butt out and slowly lower until you reach the handle



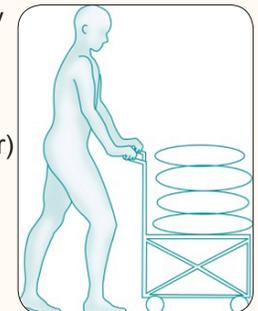
Two Person Lift / Lower / Carry

- Individuals involved should be similar in size and physique
- One person acts as leader, giving commands on when to lift / lower object
- Adjust the load to ride level so that each person carries equal weight
- Long objects (e.g., pipe, lumber) should be carried on the same shoulder and workers should walk in step
- Shoulder pads should be used to prevent contact stress on the shoulder



Push / Pull Guidelines

- Use two hands to encourage symmetry and prevent twisting
- Keep elbows close to body (not fully extended) to utilize core strength
- Choose pushing over pulling (pushing is stronger)
- Hands between waist and chest is preferred (hands below waist encourage stoop postures)



(Reprinted from MSD Reduction Strategies for Supervisors manual with permission from WorkSMART Academy)