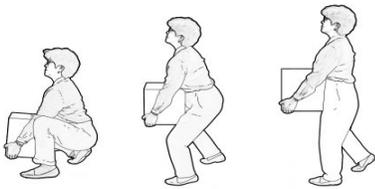


SAFE LIFTING PART 1

BASIC LIFT (DIAGONAL LIFT)

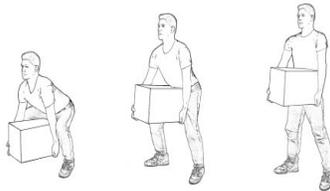
This lift is the most common method of good lifting technique. Use the basic lift for objects small enough to straddle where you have enough room to use a wide stance.



1. Get close to the object.
2. Stand with a wide stance: put one foot forward and to the side of the object.
3. Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.
4. Move the load as close to you as possible.
5. If the box has handles, grasp the handles firmly and go to step 9.
6. 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.
7. Put the other hand on the side of the object closest to you. Your hands should be on opposite corners of the object.
8. Grasp the object firmly with both hands.
9. Prepare for the lift: look forward.
10. 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.

POWER LIFT

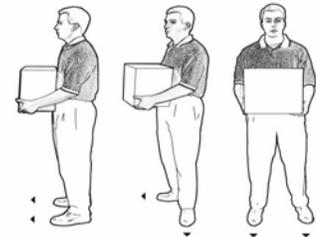
Use the power lift for objects too large for you to straddle. This lift is very similar to the basic lift. In the power lift, the object shifts your center of gravity forward, and you must push your buttocks out to compensate. Always ask for help if the object is too heavy.



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 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!



For more information please contact your
Health and Safety Officer