

## SAFE LIFTING PART 2

### PARTIAL SQUAT LIFT

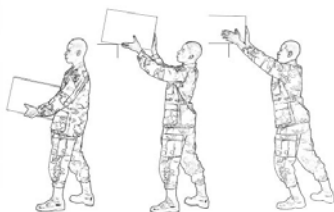
Use the partial squat lift for small light objects with handles close to knee height.



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 objects handle.
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.

### OVERHEAD LIFT

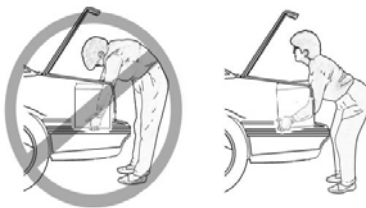
Use the overhead lift to place objects on an overhead shelf. This lift begins with the object in your hands.



1. Hold the object very close to your body.
2. Keep feet shoulder width apart, one foot slightly ahead of the other.
3. Prepare for the lift: look forward.
4. Raise the object to shelf height using the arm and shoulder muscles. Keep the object close to your body and breathe out as you lift.

### STRAIGHT LEG LIFT

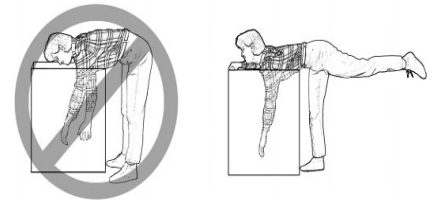
Use the straight leg lift when obstacles prevent you from bending your knees.



1. Stand as close to the object as possible with knees slightly bent.
2. Do not bend your waist! Push your buttocks out.
3. If the obstacle (preventing you from bending your knees) is stable, lean your legs against the obstacle for support. Use your legs and hips to lower yourself down to the object.
5. Grasp the object firmly with both hands.
6. Prepare for the lift: look forward.
7. 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.

### THE GOLFERS LIFT

Use the golfers lift for small light objects in deep bins and to pick small objects off the floor. This is recommended for people with knee problems or decreased leg strength.



1. Place hand near the edge of a fixed surface (such as the edge of a table or bin). This hand will support your upper body during the lift.
2. Keep your back straight and raise one leg straight out behind you as you lean down to pick up the object. The weight of your leg will counterbalance the weight of your upper body.
3. Grasp the object firmly.
4. Prepare for the lift: look forward. Keep your leg raised as you initiate the lift.
5. To lift, push down on the fixed surface as you lower your leg. Keep your back straight and breathe out as you lift.

**For more information please  
contact your Health and Safety  
Officer**