

Power Lift

This is the best lift for bulky or heavy loads.



- Stand almost over the object with knees in a semi-squat position
- Have a wide firm base with one foot just ahead of the other
- Grasp the object firmly
- Begin lifting by moving the head first then straightening out the legs
- When the hips begin to straighten, pull the object towards your waist

Tripod or Shoulder Lift

This lift works well for people with little arm strength but is not good for anyone suffering from knee problems.



- Place one foot at the front edge of the object
- Kneel down on the other knee
- Grasp the object firmly, maintaining a straight back
- Lift or roll the object onto your thigh
- Keep your back straight, use both legs to stand up while cradling the object

Top Tips on Lifting

First, stop and think, plan your lift

- Place your feet correctly
- Adopt and maintain good posture
- Get a firm grip on the object
- Move from your feet, don't twist your body
- Keep the load close to you
- Put the load down before adjusting it
- Do not use jerky movements
- Get help or break the load into smaller sizes if needed
- Use a cart

When lifting, keep your spine straight!



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LIFTING SAFETY



Environmental Health & Safety



Lifting Concerns

Lifting heavy items is one of the leading causes of injury in the workplace. The safe lifting practices discussed in this brochure will help to prevent injuries associated with lifting.

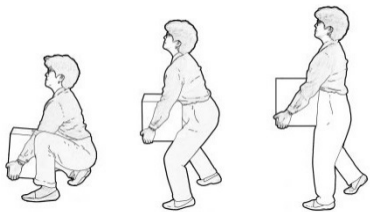
Assess the Situation

Before lifting and carrying objects, take a few moments to assess the situation:

- How far do you have to carry the load?
- Is the pathway clear? Do you need to navigate around clutter, stairs, curbs, uneven surfaces, and/or closed doors?
- When you pick up the load, will you be able to see over it?
- Can the load be broken down into smaller loads?
- Can you get help from someone?

Diagonal Lift

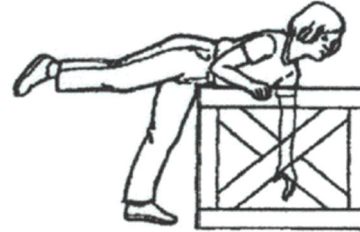
This is the most common lift. The key to its success is in maintaining the spinal curve and using the legs to lift.



- Straddle the object with one foot ahead.
- Lower the body by bending your knees and hips
- Firmly grasp the object
- Bring the object as close to you as possible
- Straighten up and make sure that your head rises before your hips

Golfer's Lift

Use this lift if you have limited strength or for reaching over a barrier such as a fence.



- Place one hand on a firm surface to support the upper body
- Maintain the curve of your spine while bending at the hips and raise one leg behind you
- Look up while picking up the object
- Use the hand on the firm surface to push yourself back up

Deep Squat Lift

This lift is used for lifting small, light objects. It's not good for people with knee problems.



- Stand in front of the object with feet shoulder width apart
- Maintain a natural spinal curve, squat fully and grasp the object close to your body
- Use your legs to raise yourself up

Partial Squat Lift

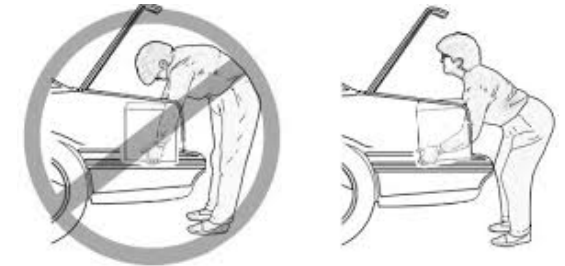
This lift is useful for heavy and bulky objects with handles.

- Stand with feet shoulder width apart while placing one foot in front of the other
- Place one hand on your thigh or a fixed surface
- Bend at the hips and knees to do a partial squat
- Pull the object close and push with supporting hand to stand up



Straight Leg Lift

Use this lift only in situations where the hips and knees cannot be bent and other lifts cannot be used, special care should be taken when using this method.



- Stand as close to the object as possible
- With knees slightly bent and resting against the object over which you are lifting
- Bend at the hips to firmly grasp the object
- Lift by extending the hips while maintaining the curve of the spine