



LIFTING TECHNIQUES



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U.S. ARMY CENTER FOR HEALTH PROMOTION
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COMMON LIFTING PROBLEMS:

SOLUTIONS:

1. Lifting with back bent and legs straight.	Keep back straight and bend your knees!
2. Holding load too far from body.	Hold load as close to the body as possible.
3. Twisting while lifting.	Redesign the lift to avoid twisting. Turn your body using your feet. (See Pivot Technique.)
4. Losing balance during a lift because: <ul style="list-style-type: none"> Your feet are too close together. The load is uneven or unstable. The load is too heavy. 	<ul style="list-style-type: none"> Keep a wide, balanced stance with feet generally shoulder width apart, or wider. Test the load before you lift. If the load is uneven, then <ul style="list-style-type: none"> - Redistribute the load. - Use the Tripod lift. - Get help to lift the load. If the load is too heavy, find: <ul style="list-style-type: none"> - Another person to help. - A mechanical lifting aid.
5. Contorting the body in order to lift and carry loads in cluttered areas.	Plan the move: inspect the pathways and destination to ensure that they are clear before you begin the lift.
6. Poor coordination between two or more people during the lift.	Communicate! Plan the lift together in order to coordinate your actions.

AS YOU LIFT, *Always...*

1. Keep the load as close to you as possible.
2. Keep your back straight.
3. Turn your feet outward and push your buttocks out. (Picture a professional weight lifter.)
4. Bend your knees.
5. Keep your head forward. Your lift will be more balanced and the curves in your spine will stay balanced and aligned.
6. Breathe out as you lift.