



LIFTING TECHNIQUES



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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. (Professional weight lifters lift using this position.)



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.