



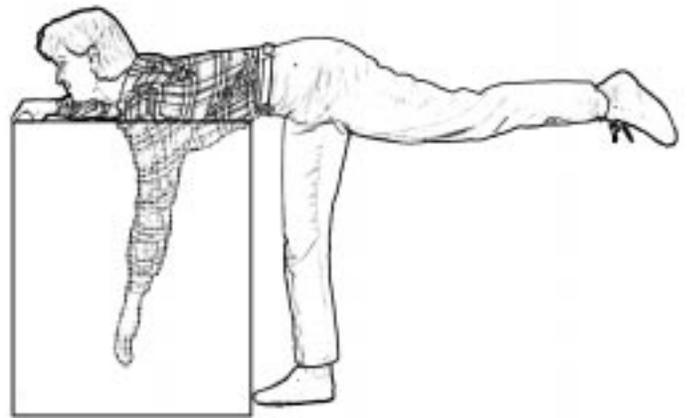
LIFTING TECHNIQUES



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The Golfers' Lift - Use the golfers' lift for small light objects in deep bins and to pick small objects off the floor. *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.