



LIFTING TECHNIQUES



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ERGONOMICS PROGRAM

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Straight Leg Lift - Use the straight leg lift when obstacles prevent you from bending your knees. *Be careful! Lifts over obstacles that prevent you from bending your knees put you at increased risk for muscle strain. If possible, avoid this lift. Only use this lift when absolutely necessary (i.e. lifting out of a grocery cart, car trunk).*



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.
4. Grasp the object with both hands.
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.