



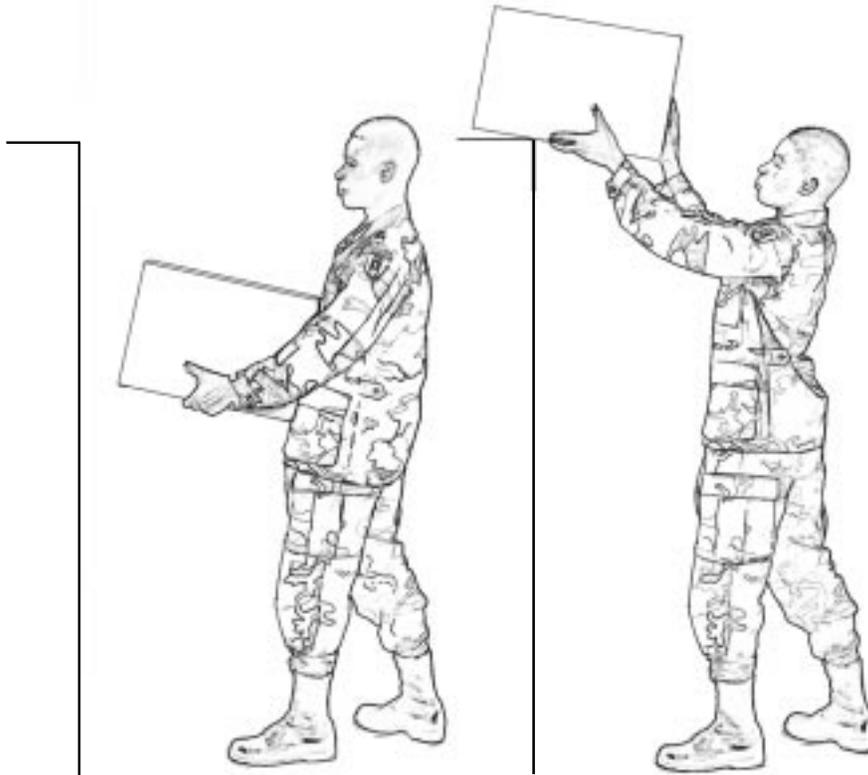
# LIFTING TECHNIQUES



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**Overhead Lift** - Use the overhead lift to place objects on an overhead shelf. This lift begins with the object in your hands. *Be careful! Overhead lifts put you at increased risk for muscle strain. It can be difficult to maintain balance during the lift. If possible, avoid this lift. Only use this lift when absolutely necessary.*



1. Hold the object very close to your body.
2. Keep feet shoulder width apart, one foot slightly ahead of the other.
3. Prepare for the lift: look forward.
4. Raise the object to shelf height using the arm and shoulder muscles. Keep the object close to your body and breathe out as you lift.
5. As you reach the shelf, slowly shift your weight from your back foot to your forward foot. Keep your back straight.
6. When the load reaches the edge of the shelf, push the object onto the shelf.