

## TECHNIQUES FOR SAFE LIFTING

Follow these general principles of lifting to ensure you minimise risk of injury.

### Safe lifting: General guidelines for your workplace

#### 1 Prepare to lift a load from floor height

- Assess the load. Is the load beyond your capabilities?
- Plan how to proceed.
- When lifting ensure a wide steady base of support. Stand with your feet apart, either side and behind the load you are about to lift.
- Remember your posture. Try to keep your natural spinal curves.
- Look straight ahead.

#### 2 Bending down to meet the load at floor height.

- Bend your knees by pushing your buttocks backwards.
- Try not to let your knees bend in front of your toes.

#### 3 Grasping the load

- Get a good grasp of the object.
- Hold the load close to your body.
- Tighten the stomach muscles as you begin the lift.

#### LIFTING TECHNIQUE 1: Two-armed lift using squat



- 1 Assess and plan lift. Stand with feet shoulder width apart over load. Keep your natural spinal curves.
  - 2 Look straight ahead. Bend your knees by pushing your buttocks backward. Try not to let your knees bend in front of your toes.
  - 3 Get a good grasp of the object with both hands. Bring the load close to your body and avoid twisting the upper body. Ensure that your back is straight, keeping your natural spinal curves.
  - 4 The buttocks and leg muscles are the largest and should be used when lifting.
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#### LIFTING TECHNIQUE 2: One-armed lift using squat



- 1 Assess and plan lift. Stand with feet shoulder width apart over load. Keep your natural spinal curves.
- 2 Look straight ahead. Bend your knees by pushing your buttocks backward. Try not to let your knees bend in front of your toes.
- 3 Get a good grasp of the object with one hand. Bring the load close to your body and avoid twisting the upper body. Ensure that your back is straight, keeping your natural spinal curves.
- 4 Do not use your back to lift. Use your legs to lift as your back is prone to injury.

Adapted from information provided by The Recovre Group.