



ERGO BULLETIN

Golfer's Lift Tips for the Material Handler

On average, a person lifts over 100 objects per day. While many of these objects are light such as food items or office supplies, it is still very important to use good technique or "Workstyle." An easy technique for lifting these lighter loads is called the Golfer's Lift. The lift gets its name from the way a golfer retrieves a ball from the hole after sinking a putt. Using a putter for upper body support and balance, a golfer keeps one foot on the ground and slightly raises the back leg to counterbalance the weight of the upper body and to focus the movement to the hip versus the back. Try some of the helpful tips below for improving your lifting "Workstyle." Your back may just say thank you!



PHOTO A



PHOTO B



PHOTO C

Golfer's Lift For Lighter Loads and One Handed Lifts

- Remember to warm up. Having your body prepared for lifting will make the job easier and safer. Try our Stretch for Safety Program.
- **Photo A** - Place your hand on a stable object that can support your weight and won't move. This is called "Bridging" which supports the weight of the upper body.
- **Photo B** - Your forward leg should remain straight or with a slight bend at the knee.
- **Photo C** - As you move forward, slightly extend the back leg and balance or rotate at the hip.
- Lift the load by dropping the back leg and pushing up with the bridging hand.
- Try reversing the technique to lower loads into place. Remember lifting and lowering present the same stress!



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