



ERGO BULLETIN

Power Lift Tips for the Material Handler

Lifting plays a big role in everyday life and work from doing the laundry and grocery shopping to unloading pallets and restocking the copy machine. The amount of strain you place on the muscles, ligaments and discs of your back is directly related to the way in which you lift or you're "Workstyle." Try some of the helpful tips below for improving your lifting "Workstyle" with the Power Lift. Your back may just say thank you!



PHOTO A



PHOTO B



PHOTO C

Power Lift Basics For All Size and Weight Loads

- 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** - Set your feet wider than shoulder width apart for balance and weight distribution.
- **Photo B** - Keep your head up! This helps to keep your back in the low stress posture.
- **Photo C** - To improve access to the object being lifted, try staggering your feet.
- Always keep that load as close to your body as possible.
- Don't twist! Instead try "moving your feet" which keeps your hips and shoulders moving together.
- Move smoothly and avoid quick jerky movements.
- Exhaling while you lift. This can help your abdominals provide support and keep you more relaxed!
- When possible use hand trucks, carts or other assistive devices to lighten the load.



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