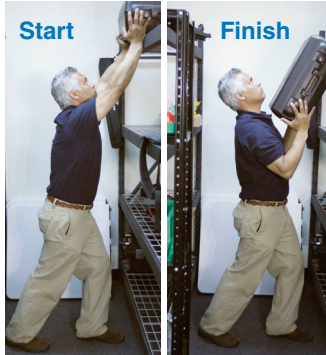


Overhead Lift



- Head up, Back arched
- Step into lift, raise load while moving forward, Lower load while rocking backward

Tripod Lift



For light to moderate loads, especially from floor level

- Single knee on ground
- Transfer load to opposite knee or transfer to shoulder
- Stand with load supported on knee
- Maintain load close to body
- Keep head up, back arched

Bridging Technique



- Support body weight with your arm rather than your lower back
- Excellent technique for reaching activities and when leaning over your work station

Power Lift



For medium to heavy loads:

- Feet slightly wider than shoulder width
- Staggered stance squat
- Keep load close to body
- Keep head up, back arched
- Lift with legs
- Exhale while lifting

Lower Level Work

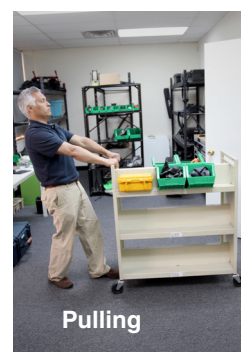


- Position equipment safely within reach
- Do not round your back
- Take a knee for protection

Push/Pull



Pushing



Pulling

- Push an object rather than pulling
- If pulling is required, keep hips and shoulders square

Two-Person Lift



- Both people use power lift body mechanics (above)
- Communication is key: "1,2,3 lift."

Golfer's Lift



For lighter loads and one-handed lifts:

- Forward leg remains straight
- Balance on hips by elevating rear leg
- Use arm support - "Bridging"
- Lift load by dropping rear leg, creating counter lever

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