

Golfer's Lift/Position

When it comes to the causes of caregiver injuries, patient movement gets the bulk of attention. However, it's important to use favorable "Workstyle" techniques with all lifts and movements, not just those involving patients or heavier objects.

Most caregivers lift over 100 objects per day, including food and office and medical supplies. Caregivers also perform a number of tasks that require no lifting at all, but require stretching and other movement, such as locking wheelchair brakes or adjusting bed heights. Give the **Golfer's Lift** or **Golfer's Position** a try the next time you are presented with a light lift or need to get down low or into a tight spot.

Technique and Position

- "Bridge" by placing a hand on a stable object that can support your weight and won't move.
- Keep your forward leg straight or slightly bent at the knee.
- When you rotate your hip forward, use your back leg for balance
- When lifting, drop the back leg and push up with the bridging hand.
- Try reversing the technique to lower loads into place. Remember lifting and lowering create the same stress on the back.

Always Warm Up First

See our **Stretch for Safety Program** materials for more information.

Remember:

Before moving a patient, always follow the tips on the **Safe Patient Interaction** instruction sheet to assess the patient and situation.



Place a hand on a stable object that can support your weight and won't move.



Your forward leg should remain straight or be slightly bent at the knee.

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