

Power Lift

Using effective lifting techniques such as the Power Lift when moving medical supplies or assisting patients significantly reduces the stress placed on the soft tissues of your back (muscles, ligaments and discs) and lessens fatigue. Next time you lift or perform a transfer, try this technique for improved posture and lifting efficiency.

Technique and Position

- Set your feet wider than shoulder width apart.
- Stagger your feet to get closer to objects or patients.
- Keep your head up to help maintain the natural curves of your spine.
- Keep the load close.
- Move your feet to avoid twisting.
- Lift and lower with a smooth motion.
- Exhale when lifting patients and heavier loads. Your abdominals provide important core support.

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.



Stagger your feet wider than shoulder width apart and keep your head up.



Keep the load close and use a smooth motion to lift and lower.



Exhale when lifting patients or heavier loads.

One More Note About Safety

When moving heavier loads or patients who lack the ability to assist with a move, strongly consider getting assistance and/or using safe patient movement equipment.

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