

Tripod Lift/Position

Many tasks in healthcare facilities require lifting or positioning your body close to the floor. Examples include removing wheelchair foot pads, putting footwear on patients and retrieving items from drawers or shelves. The **Tripod Lift** and **Tripod Position** are ideal for these types of tasks. They require less muscular endurance and balance than a full squat or Power Lift. At the same time, they can be used for larger or heavier items than are recommended with the Golfer's Lift.

Technique and Position

- Kneel down close to the object.
- If needed, place both hands on your forward leg to provide stability as you lower to the floor.
- When in the Tripod Position, your feet are naturally staggered, which allows you to move at the hips.
- Transfer any load to your raised leg or hold the object close.
- With smaller loads, use one hand to provide added balance and strength as you stand.
- Maintain the natural curves of your spine.
- 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.



Kneel down close to the object.



With your feet staggered, you can move at the hips.

Contact Beacon Mutual: 401-825-2667~ | safety@beaconmutual.com | www.beaconmutual.com

This material is being provided to you as a service of The Beacon Mutual Insurance Company for information purposes only and is not intended, nor should it be relied upon, as a comprehensive statement of all possible work-related hazards to your employees or of the federal, state or local laws and regulations that may be applicable to your business. Any premises inspections made by Beacon Mutual representatives are completed without representation or warranty as to the utility or completeness of such inspections. Suggestions regarding the use of a particular product or safety technique are not an endorsement of the product or technique. It is your responsibility to develop and implement your loss prevention policies. You should direct questions concerning specific situations to informed and appropriate advisors.