



# ERGO BULLETIN

## Tri-Pod Lift Tips for the Material Handler

Lifting without any obstacles is already a challenge but what happens when the object you want to lift is on the floor, inside a cabinet or drawer or is sitting on a lower shelf? If you cannot use the traditional Power Lift because access is limited or the object is too large for a Golfer's Lift, try the less known Tri-Pod Lift. Try some of the helpful tips below for improving your lifting "Workstyle." Your back may just say thank you!!



PHOTO A



PHOTO B



PHOTO C

### Tri-Pod Lift

*For Light to Moderate Loads, especially from the floor.*

- Remember to warm up. Having your body prepared for lifting will make the job easier and safer. Try our Stretch for Safety Program.
- Kneel down close to the object by placing a single knee on the ground. Use a towel or pad, if the surface is rough or uncomfortable.
- **Photo A** - Transfer the load to your raised leg or hold the object close to you at chest height.
- **Photo B** - With the load supported on your knee, secure the load with a good grip before moving to the standing position.
- **Photo C** - For smaller loads, stand with the load held close to the body using one hand while using the other to support your weight while standing.
- Keep your head up! This helps to keep your back in the low stress posture.
- Try reversing the technique to lower loads into place. Remember lifting and lowering present the same stress!



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