

LIFTING Techniques

For the Material Handler

Low Level Work



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

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

Tripod Lift



- FOR LIGHT TO MODERATE LOADS, ESPECIALLY FROM FLOOR LEVEL**
- Single knee on the 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 or leaning over your workstation

Overhead Lift



- Head up, back arched
- Step into lift
- Raise load while moving forward
- Lower load while rocking backward

Two-Person Lift



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

Golfer's Lift

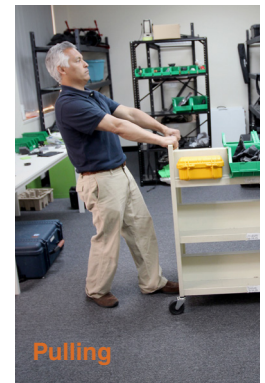


- FOR LIGHTER LOADS AND ONE-HANDED LIFTS**
- Forward leg remains straight
 - Balance on hips by elevating rear leg
 - Use arm support - "Bridging"
 - Lift load by dropping rear leg, creating counter lever

Push/Pull



Pushing



Pulling

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

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