



GO Ergo!

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Lifting Methods to Keep You Injury-Free

Think all lifting is the same? Think again! There are so many different types of lifting techniques that can be utilized to reduce your risk of injury while on the job.

Here are some of the most common lifts, their uses and how to do them properly:

- ❖ **Diagonal Lift:**
 - Straddle the item with one foot ahead of the other, and lower your body by bending your knees and hips. Then, firmly grasp the item, bring it close to your body and straighten up. Make sure your head rises before your hips.
 - *Diagonal Lift:* Good for bulky, heavy loads. Stand over the object in a semi-squat position. Place one foot slightly ahead of the other and grasp the object. Move your head first and then straighten out your legs. When your hips begin to straighten, pull the object towards your waist.
- ❖ **Tripod Lift:** *Good for those with less arm strength, but good knees.*
 - Place one foot at the edge of the item and then kneel down with the other knee. Pick up the item, keep your back straight and lift the object onto your thigh. Use both legs to stand up while cradling the item.

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Plan Your Lift

Proper lifting does not begin once the load is picked up. You must carefully plan to handle a large load to successfully handle it without injury.

- Consider the weight of the load being lifted. Will you need assistance? Is the load too heavy for one person to handle?
- Consider the size and/or shape of the load. Does that create additional challenges?
- Determine if you will have to turn or change directions while carrying the load.
- Find out if your intended route is clear of obstructions and slip and fall hazards.
- If you choose to wear a back belt for support, make sure you are wearing it properly.



- ❖ **Golfer's Lift:** Good for reaching over a barrier.
 - Place one hand on a firm surface for support. Bend at the hip and raise one leg behind you, look up, pick up the item and then push yourself back using the firm surface.
- ❖ **Deep Squat:** Good for lifting small, light objects.
 - Stand in front of an object with your feet shoulder-width apart. Squat down and grab the object close to your body. Use your legs to push yourself up.
 - **Partial Squat:** Good for heavy objects.
 - Stand with your feet shoulder-width apart, with one in front of the other. Place one hand on your thigh and the other on a sturdy surface. Bend your hips and knees into a partial squat, pick up the object and then push up with your supporting hand to stand.
- ❖ **Straight Leg Lift**
 - Stand close to the object with your knees slightly bent. Then, bend at your hips and lift up by maintaining the curve in your spine.

General Handling Precautions

- Check the tag for the weight of the load and test it for stability.
- Wear the appropriate shoes to avoid slipping, tripping or falling.
- Wear gloves that fit properly. Also ensure that you get a good grip and use both hands.
- Keep the load in your “power zone” or core. This is the area just above your knees, below your shoulders and close to your body.
- Use smooth, even motions.
- Avoid straining your back by using your legs to lift upward.



This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

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