

How to Lift Safely

Before You Lift...

Examine the load:

- Determine its shape, weight, whether the load can shift
- Can you get a secure grasp on the load?
- Does the load have good handholds?

Plan the lift:

- Determine a safe route, free of clutter and potential tripping hazards
- Is there enough space to put the load down?

Wear appropriate clothing:

- Wear proper fitting gloves when necessary
- Allow for free movement
- Wear proper shoes

The Basic Squat Lift:

- Test the load
- Feet shoulders width apart, one foot slightly ahead of the other
- Squat down
- Bring the load as close to the body as possible
- Maintain the neutral curve in the low back – tighten abdominals, set back muscles, keep head and shoulders up
- Get a good grip
- Lift with the legs and stand up in a smooth, even motion
- Do not twist while lifting – move the feet
- Do not lift objects higher than eye level
- Push rather than carry the load when possible
- Use a dolly, cart or mechanical lift when possible



The Golfer's Lift to pick up light, small objects out of deep containers or bins.

The Tripod Lift for unstable loads, or for individuals with decreased arm strength.

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