How to Perform a Proper Lift

This sheet was produced as a quick reference on how to conduct a proper lift with squat. Using this technique can help to reduce injuries for lifting objects that are 50 pounds or less. If you are lifting more than 50 pounds occasionally, ensure that you have assistance or a mechanical lifting device.

1. Start by facing the load you are going to lift. Ensure the area is safe to lift (e.g. no water/oil on the floor) and that there is a clear path if you are going to carry the item away from its original position.
2. Get as close to the item you are lifting as possible. If possible, place each foot on either side of the item to be lifted. The picture marked “2” is a good example.
3. Conduct a proper squat, ensuring that the curve in your back is properly maintained and your knees do not go beyond your toes.
4. As you lift, ensure that you look straight ahead to prevent losing the natural curve of your lower back. Lift with your legs by moving the weight onto your heels when you lift.
5. Throughout the lift, ensure the item you are lifting stays as close to the body as possible.
How to Perform a Proper Pivot

This sheet was produced as a quick reference on how to conduct a proper pivot when carrying a load. Using this technique can help to reduce low back injuries when carrying objects that are 50 pounds or less. If you are lifting more than 50 pounds occasionally, ensure that you have assistance or a mechanical lifting device.

1. See the handout, *How to Perform a Proper Lift*. This is the start position once you have completed the lift.
2. In order to turn, you want to use your legs by turning your hip, not twisting you back. In the pictures above, the weight was shifted onto the right foot and the left foot was turned toward the direction wanting to turn.
3. Then, the weight was shifted onto the left foot and the other foot was brought around.
4. Then, the movement was repeated to end up in the final position.

NOTES:
1. To ensure you do not twist your spine during this manoeuvre, make sure your shoulders stay in line with your hips.
2. Another option to the above manoeuvre is to turn on the balls of your feet, still making sure your shoulders stay in line with your hips.

If you have any questions, please contact your Injury Prevention Consultant.

September 15, 2016