

# PROPER LIFTING PROCEDURES

## Basic Lifting Principles

- Size up your work load
- Plan your lift
- Wide stable base of support
- Get a good grip
- Use the power position
- Get close to the load
- Don't twist
- Don't Jerk
- Get help
- Build a bridge
- Use a mechanical device

## Lifting Techniques Practice



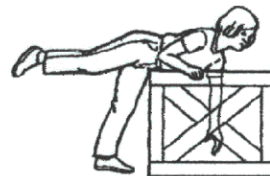
**The Squat Lift**  
Squat, Head Up, Back Arched, Feet Spread  
One Foot Ahead As You Lift



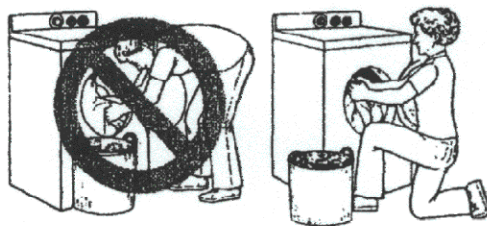
**The Tripod Lift**



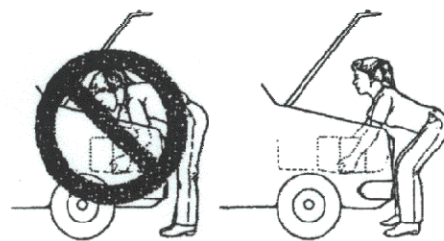
**The Power Lift**  
Partial Squat, Head Up, Back Arched, Feet  
Spread One Feet Ahead As You Lift



**The Golfer's Lift**



**Kneel When Working in a Low Position**



**Straight Leg Lift**  
Bend at the Hips, Not the Back

## The One Minute Rule

- Any labor saving device that takes longer than doing the job manually will not be used.