



## 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

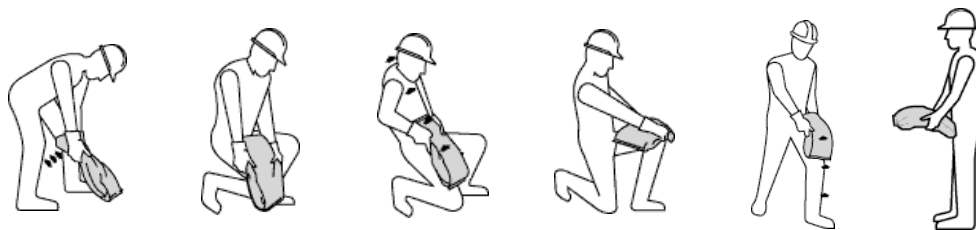




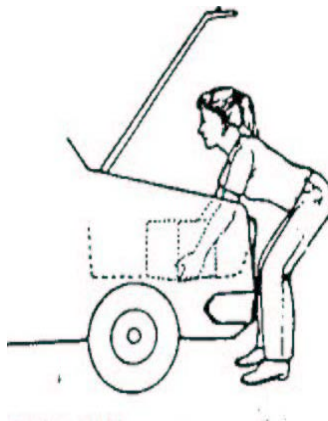
**The Golfer's Lift:** to pick up light, small objects out of deep containers or bins.



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



**The Straight Leg Lift:** When obstacles prevent you from bending your knees. Bend at your hips, and do not bend your back!





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