

LOYOLA

LOYOLA UNIVERSITY CHICAGO
GUIDELINES FOR SAFE LIFTING TECHNIQUES

5. Is it a two-person job? Only one person should give instructions. Decide the route to take before carrying the object and discuss all possible problems prior to moving the object. Work as a team!
6. Is a hand truck, dolly, pushcart, or another tool needed?
7. Will a person be able to get a good grip? Are gloves needed?
8. Make sure to wear proper footwear to prevent injury from a dropped load. Proper footwear will also keep you from slipping while moving objects.
9. Know where the object is going to be placed ahead of time. Ensure the path is unobstructed, the floor is dry, and the distance isn't too great for safety.
10. Is the load too heavy, ungainly or does it obstruct vision?
11. Will it need to be carried far or lifted overhead?
12. Inspect the object for sharp edges, nails, splinters, and other problems that may cause injury prior to or during the lift.



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2. Position the object close to the knee on the ground.
3. Grasp the object firmly with both hands.
4. Slide the object from the knee on the ground to mid-thigh. Keep the head forward, back straight, buttocks out, and lift the object onto the opposite thigh.
5. Put both forearms under the object (with palms facing upward) and hug the object to your stomach and chest.
6. Prepare for the lift: look forward.
7. Lift upwards following the head and shoulders. Hold the load close to the body. Lift by extending the legs with the back straight, buttocks out, and breathing out while lifting.

See Appendix A for illustration of this technique.

Partial Squat Lift - Use the partial squat lift for small light objects with handles close to knee height.

1. Stand with the object close to your side.
2. Place feet shoulder width apart, with one foot slightly ahead of the other.
3. Place one hand on a fixed surface (such as a table or stool) or thigh.
4. Keep back straight, push buttocks out, and slowly lower down to reach the object's handles.
5. Prepare for the lift: grasp the object and look forward.
6. For support while lifting, push down on the fixed surface (or on the thigh).
7. Lift upwards following the head and shoulders. Lift by extending the legs with the back straight, buttocks out, and breathe out while lifting.

See Appendix A for illustration of this technique.

Golfers' Lift - Use the golfers' lift for small light objects in deep bins and to pick small objects off the floor. Recommended for people with knee problems or decreased leg strength.

1. Place hand near the edge of a fixed surface (such as the edge of a table or bin). This hand will support the upper body during the lift.
2. Keep the back straight and raise one leg straight out behind while leaning down to pick up the object. The weight of the leg will counterbalance the weight of the upper body.

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Essential Do's for proper lifting.

A few essential don'ts to keep in mind for good lifting ergonomics:

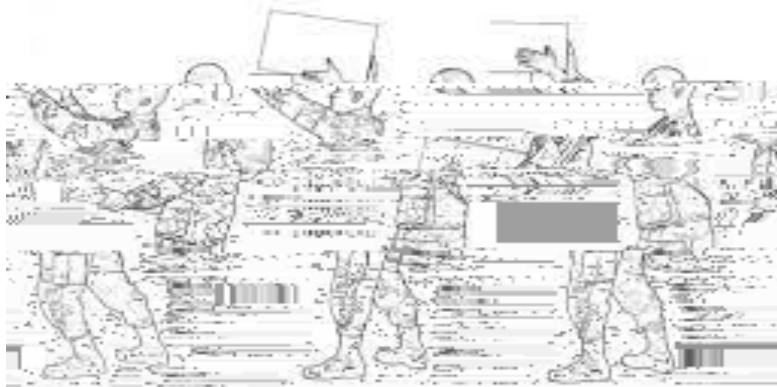
- Never twist the torso while lifting. Move the feet in the direction being travelled. Stay "nose between your toes."
- Keep the object to be lifted or carried close to the body.
- Never lift a heavy item above shoulder level. Whenever possible, items should be stored below shoulder height to reduce lifting demands.
- Never carry a load that obstructs the vision.
- Never hold a breath while lifting, moving, and setting the load down.
- If a heavy object needs to be moved, it is typically safer to push the object instead of pulling the object.

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OVERHEAD LIFT

CORRECT LIFTING TECHNIQUE

- Plan your lift, checking your route.
- Keep your back straight.
- Bend your knees (not your waist) and lift with your leg muscles.
- Wear appropriate footwear.
- do not bend
- Do not stack boxes if this will...
- Get a good grip and hold the...
- Keep your feet shoulder width