

Lifting Techniques



HEALTHY BODY MECHANICS: POWER LIFT

A power lift is good for lifting heavy objects off the floor. To perform a power lift,

- Position yourself close to the item with your feet about shoulder width apart
- Pull in your belly button to stabilize your spine and squat down by bending your knees
- Pick up the item, keeping it as close to your body as possible
- Make sure you have a firm grip on the item so it does not slip and avoid twisting your trunk when carrying the object.



HEALTHY BODY MECHANICS: DIAGONAL SQUAT LIFT

A diagonal squat lift is good for lifting medium weight objects from the floor or for lifting objects out of awkward spaces. To perform a diagonal squat lift,

- Position yourself close to the item with your feet staggered widely around the item to be lifted
- Pull in your belly muscles to stabilize your spine and place one foot ahead of the other in a staggered stance
- Pick up the item, keeping it as close to your body as possible
- Make sure you have a firm grip on the item so it does not slip and avoid twisting your trunk when carrying the object.
- A Golfer's pick-up is ideal for lifting light items from the floor.

To perform a golfer's pick up,

- Position yourself close to the item you will be lifting.
- Reach down with your dominant hand while balancing on your opposite leg.
- Gently tighten your belly muscles and keep your back straight as you pick up the item. Avoid twisting your trunk throughout the movement.