

# THE KEYS TO LIFTING & LOWERING

## 1. LEVERAGE YOUR STRENGTH

Bring objects into your Power Zone\*. Pull or slide the object toward your stomach (around the navel), and tighten your abdominal muscles in preparation for the lift.



\*Power Zone is "the area within your range of motion that gives you the maximum strength capability with the most comfort".

## 2. POSITION YOUR FEET

To get the most out of your stance, position your feet approximately shoulder-width apart, with one foot slightly in front of the other. This will give you the best balance to handle a lifting or lowering motion.



## 3. TEST FOR WEIGHT AND FOR SHIFTING CONTENTS

It is helpful to know what's inside a package in order to use the proper lifting and lowering techniques. The following test will prepare you for any surprises:

Test the weight of the package by pulling or sliding it toward you. The amount of resistance will give you a good idea of how much it weighs.

At home, most objects are easily identifiable, and weight can be guessed before handling. However, be careful of containers or objects that may have hidden contents.

Although testing an item will let you know that you can handle the weight of the object, shifting contents can also be a problem. To minimize the potential of having the contents shift away from you, tip the object toward you. Then, if the contents shift, they'll shift toward your Power Zone, and you'll be in maximum control of the situation.

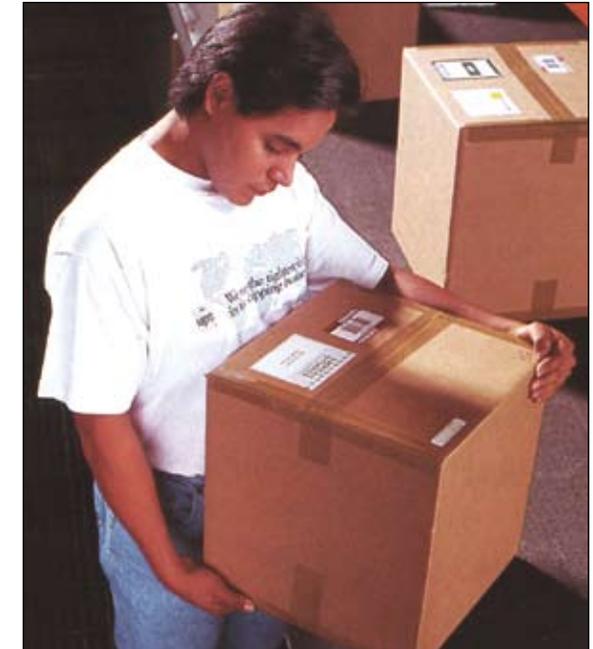
If the total weight of a shifting object could cause a loss of control when the contents shift, DO NOT tip the object toward you. Seek assistance from others or use a safety aid, such as a hand cart.

**BE SMART  
PREVENT INJURY**

## 4. GET A FIRM GRIP AND GRASP OPPOSITE CORNERS

A firm grip minimizes the possibility of dropping the object. A firm grip also reduces your potential need to use a jerking motion to try to regain control of the item.

To improve your grip, simply grasp the top corner with one hand and grasp the bottom, opposite corner with the other hand. When you lift the object, this hand positioning will cause the object to come into a resting position in your Power Zone. Grasping opposite corners also allows for continued control and stability when turning a package over.



## 5. BEND THE KNEES

Whenever possible, minimize the need for bending. Try to position your body so that the origin and destination for the object are between your thigh and chest. However, when bending is necessary, keep the natural curve of your back and bend your knees to reach or place low-level objects.

## 6 MOVE YOUR FEET - STEP OR PIVOT, DON'T TWIST

Feet are used to move and change direction. If you try to change direction without moving your feet, you are forced into an injury inducing position.

Make it easy on yourself. Change directions with your feet - not your back. Pivot - don't twist. To avoid a twist, take a step or steps when necessary.

The same principle applies to your whole body. When exiting a seat, pivot your entire body, and use leg muscles to get up rather than twisting out of the seat.

Which looks easier? If you said Figure A, you're right. In Figure B, the person is simply making the job harder. The person in Figure A is using leverage to help guide the package into the Power Zone.

FIGURE A



FIGURE B



## 7 USING THE EXISTING EQUIPMENT AND FACILITIES TO ASSIST YOU

A keen eye and common sense will help you make the most of your surroundings, especially when it comes to lifting and lowering. Stay alert for existing equipment or items in the facility that can assist you.

Look for opportunities where equipment and/or facilities can support all or part of the weight of the object. The less time you spend bearing the entire weight of the object, the better.

**STAY HEALTHY  
LIFT SAFELY**

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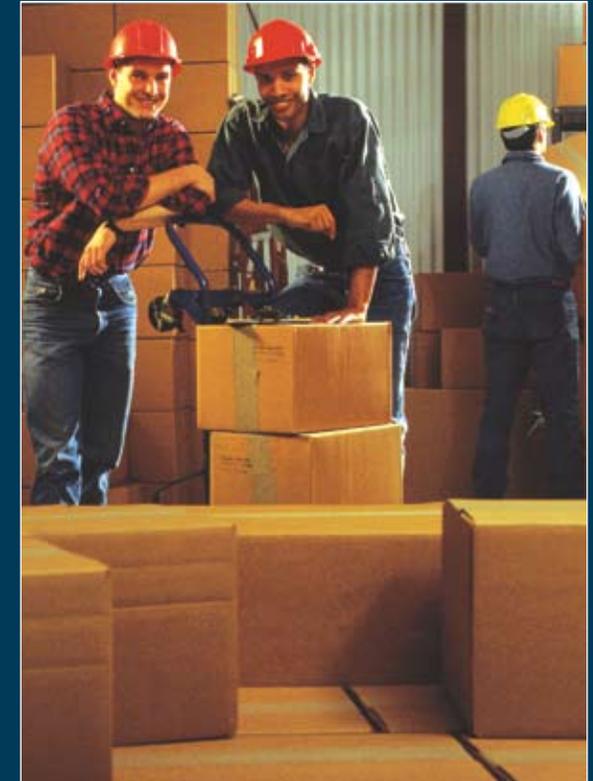
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# LIFTING SAFETY



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