UNIVERSITY OF CALGARY

Ergo Insights

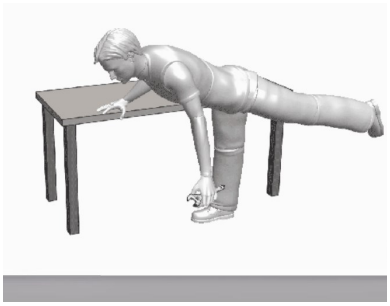
Lifting Techniques

Power Lift

A power lift can be used to pick up bulky or oversized items. Adopt a wider stance to get the body closer to the object while maintaining an s-shaped curve in your spine.

Golfer's Lift

A golfer's lift can be used to lift an item that weighing less than 5 pounds that can be lifted with one hand. While supporting the upper body on a stable surface, bend at the waist and slightly bend the supporting leg. As you are bending forward, the back other leg will swing up behind you. Again, make sure it is only used for light objects weighing less than 5 pounds that can be easily grasped in one hand.



Basic Lift

The basic lift is frequently used to lift items that are low to the ground and heavy enough that they require both hands to help lift and stabilize Get close to the object ideally having a staggered stance. Bend at the knees and hips and pull in the object in close to the body. Try to maintain the s-shape of the curve of your back.

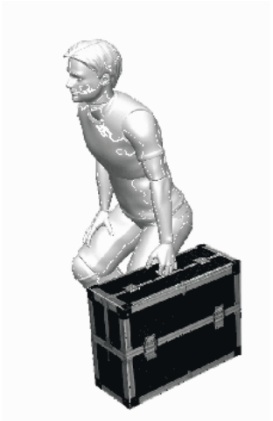
The Tripod Lift

For Bulky or unstable items consider using a tripod lift to control the load. To do a tripod lift...

Get down low, pull the object close to the body and use the powerful muscles of the legs to lift the load

The Support Lift

Use the support lift when lifting and carrying an object in one hand, bend at the waist and bend the knees, support the upper body with one hand on the thigh, lift the object next to the body while maintaining the s-shaped curve in the spine.



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The ABC's of Lifting

A: Assess the Load

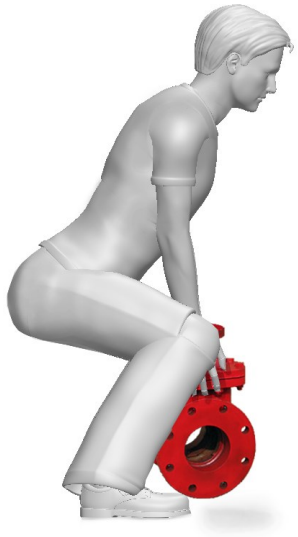
- Test the weight and balance of the load by lifting a corner or reading a packing label
- Where is it located; on the floor or at waist level?
- Determine if you need help

B: Be Prepared

- Wear appropriate footwear (non-slip, closed back, and possibly steel-toed)
- Remove any trip hazards
- Get a good grip on the load

C: Complete the Lift

- stand with a wide base to use the power position,
- bend the hips and knees while keeping the spine aligned
- face the object directly to avoid twisting,
- keep the object close to the body,
- tighten the stomach muscles while lifting, and
- lift slowly with control



Correct Lift

Incorrect Lift