



Safety Share

Golfer's Lift

Use this technique to lift small or light objects from the floor or out of bins.



1. Slightly bend your knee on your supporting leg.
2. Brace your abdominal muscles to keep your back straight.
3. Lean on a solid structure or place one hand on your knee for support.
4. Lean forward by bending your hip and gently extending your other leg behind you to create a counter-balance.
5. Raise slowly and smoothly, straightening your hip to lift the object.

For more lifting techniques, visit workplacenl.ca

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