



Safety Share

Squat Lift

Use this technique to lift objects from approximately knee height.



1. Face the object.
2. Form a wide stance, positioning the object between your knees. Keep your heels on the ground.
3. Brace your abdominal and shoulder muscles.
4. Keeping your back straight, squat back pushing your buttocks out. Bend your hips and knees to lower your body.
5. With your elbows close to your body and arms between your knees, grasp the object.
6. Rise up by pulling your hips forward, straightening your knees to lift.
7. Hug the object close to your body, preferably against your trunk.
8. Pivot your feet to turn to avoid twisting your back.
9. Lower the object the same way.

For more lifting techniques, visit workplacenl.ca

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