



# Safety Share

## Partial Lunge Lift

Use this technique for one-handed lifting of objects with handles, particularly when the object is close to the ground.



1. Stand close to the object with your feet shoulder-width apart, one foot ahead of the other.

Place your free hand on a fixed surface or your thigh for support, or hold your free arm away from your body to counter-balance the load weight.



3. For support as you lift, push down on the fixed surface or your thigh.



2. Tighten your abdominal and shoulder muscles. Keeping your back straight, squat back, pushing your buttocks out. Bend your hips and knees to slowly lower yourself to the object's handle.

Grasp the object and look forward, your head aligned with your back.



4. Lift upwards by extending your legs to stand, gently pulling your hips forward.

Take small walking steps and maintain a straight spine. Lower the object the same way.

For more lifting techniques, visit [workplacenl.ca](http://workplacenl.ca)

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