



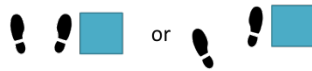
Safety Share

Partial Squat Lift

Use this technique for one-handed lifting of objects with handles.



1. Stand close to the object with your feet shoulder-width apart.



2. Tighten your abdominal and shoulder muscles.

3. Keep your back straight. Squat back pushing your buttocks out. Bend your hips and knees to lower your body.

4. Grasp the load

5. Hold your free arm away from the body to counter-balance the load weight or place your hand on a fixed surface or your thigh for support.

6. Raise slowly and smoothly, straightening your hips and knees to lift the load.

7. Look forward, head aligned with your back.

8. Take small walking steps and maintain a straight spine.

9. Lower the object the same way.

For more lifting techniques, visit workplacnl.ca

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