



Safety Share

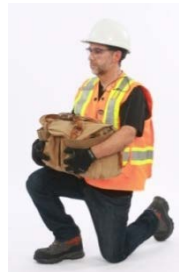
Lunge Lift

Use this technique to lift uneven loads like sacks and bags. This is also a good technique for people with decreased arm strength.



1. From a standing position, place one foot to the side of the object. Tighten your abdominal and shoulder muscles.

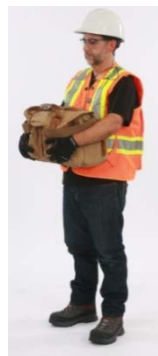
Keep your back straight, squat back pushing your buttocks out. Bend your hips and knees to slowly lower yourself down onto one knee. Position the object close to the knee on the ground and grasp it firmly with both hands.



3. If possible, place both forearms under the object with your palms facing upward and hug the object into your stomach and chest. Prepare for the lift. Look forward, head aligned with your back.



4. Lift upward by extending your legs and making sure you maintain a straight back.



5. Carry the object close to your chest. Pivot your feet to turn to avoid twisting your back. Keep your shoulders in line with your hips as you move.



2. Pull the object up to mid-thigh and lift it onto the opposite thigh.

For more lifting techniques, visit workplacenl.ca

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