



Safety Share

Team Lift

Use handling equipment for heavy or awkward loads. Get help if unavailable.

Plan the lift

- Warm up your muscles.
- Remove obstacles and hazards.
- Select team members of similar height and strength.
- On stairs, the tallest/strongest member should be at the bottom.
- Select a leader to guide the lift (e.g. 1-2-3-lift, walk, stop).
- If you must carry backwards, assign an extra member as a guide.
- Practice lifting and carrying together before attempting the task.
- Remember that the combined strength of a team is less than the sum of each member's strength.

Performing a team lift



1. Position your body with object between your knees (where possible) and feet wider than hips on each side of the object.
2. Stand balanced with body weight distributed through your heels.
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. Hold handles or grasp firmly with both hands.
6. Raise slowly and smoothly, straightening your hips and knees to lift the load.
7. Lower the object the same way.

For more lifting techniques, visit workplacnl.ca