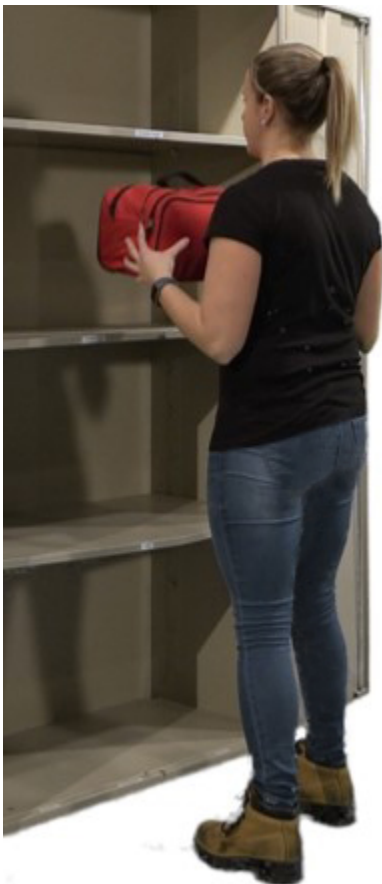




Safety Share

Shoulder Height to Overhead Lift

Use this technique to place objects on shelves at shoulder height or overhead.



1. Hold the object close to your body while bracing your abdominal muscles to keep your back straight.

2. Place your feet shoulder-width apart, one foot slightly ahead of the other.

3. Prepare for the lift. Keep your head aligned with your back and abdominal muscles braced to prevent your back from arching backward.

4. Raise the object to the shelf using your arm and shoulder muscles. Slowly shift your body weight to your front foot.

5. Set the object down on the edge of the shelf and push it on the shelf.



6. Remove the object the same way.

Safety Tip: Avoid lifting above shoulder height where possible by keeping objects on lower shelves or using an appropriate step stool or ladder.

For more lifting techniques, visit workplacenl.ca

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