

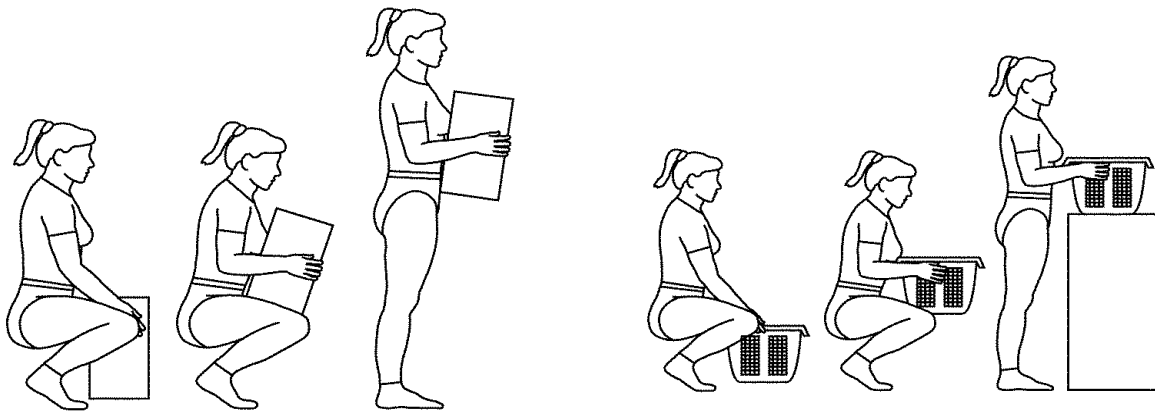
## Lifting Options Relating to Daily Tasks

Following are examples of different lifting situations that you may find yourself facing in everyday life. These illustrations may help to demonstrate the concepts of proper body mechanics.

### The Basic Squat Lift

This lift is useful for something of moderate size and weight such as a laundry basket, a box of clothes, or a bag of groceries.

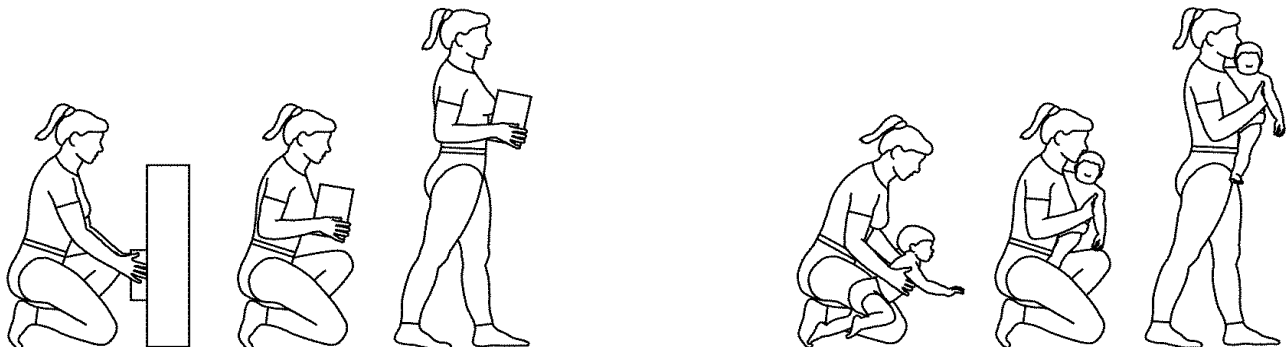
Begin standing close to the object to be lifted. Squat down, keeping the back straight and firmly grasp the container. Pick the container up and hold close to body as you tighten the stomach muscles. Next, stand up slowly and smoothly letting the large leg muscles do the work.



### **The Half-Kneel Lift**

This lift may be helpful with things that have an irregular shape or tend to move as you lift. This might include a small fan, a small pet, or a small child. This lift can also be useful when lifting objects from a low shelf or table.

Stand close to the object to be lifted. Squat down onto one knee. Keep the back straight, pick up the object, slide it up onto thigh and then cradle the object or child against body. Tighten stomach muscles and slowly stand, using the strong leg muscles.

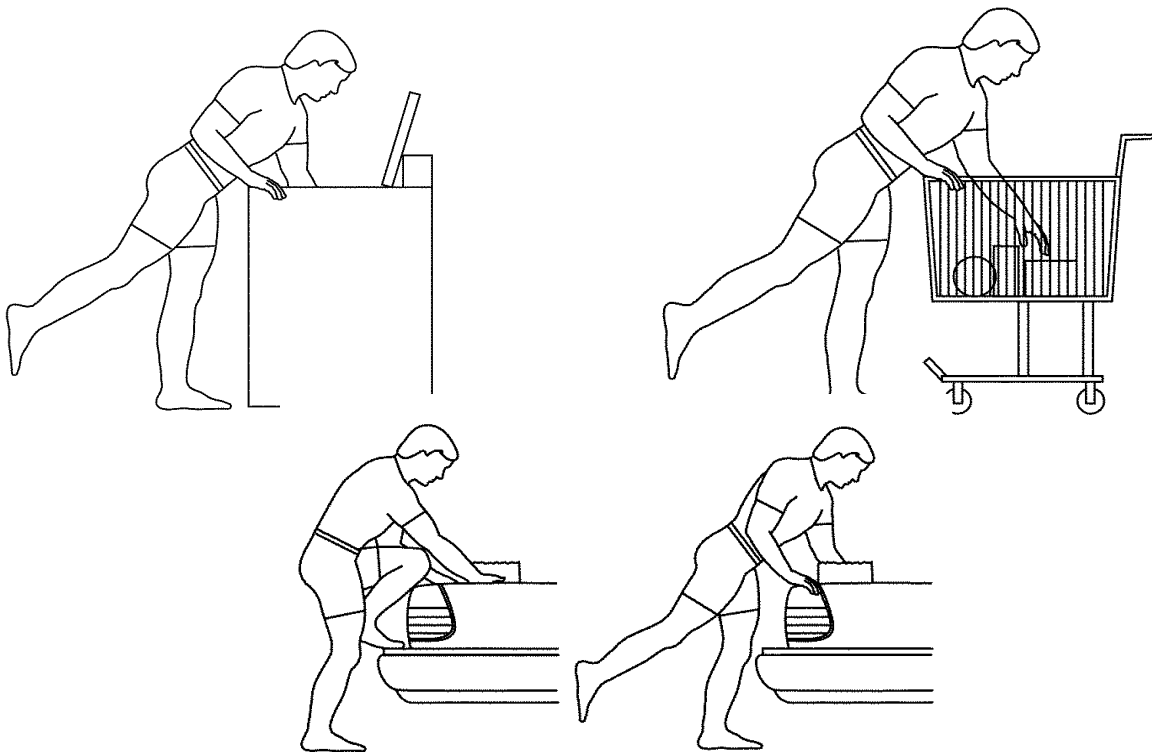


## The Partial Golf Pickup

This is a good way to retrieve things out of a car trunk, grocery cart or washing machine.

When lifting from a car trunk, prepare the object to be lifted by placing one leg on bumper, keeping back straight, and sliding package to the edge.

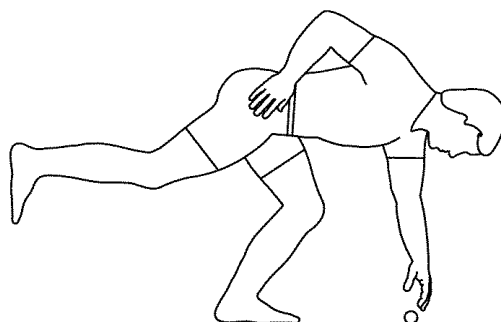
Place both feet back on the ground. Place one hand on the receptacle that you are picking up the object from (car or washing machine, for example). Reach in with arm, keep back straight and pivot at the hips while extending the opposite leg backwards. Grasp the object firmly, and slowly lift while straightening at the hips, pushing up with the other arm, and bringing the leg back down. Position the object close to body.



## The Full Golf Pickup

This lift should only be done with objects that weigh only a pound or less. If you currently have a back injury, a weak back, had prior back surgery, a tendency to have back pain, or are pregnant, this lift should be avoided.

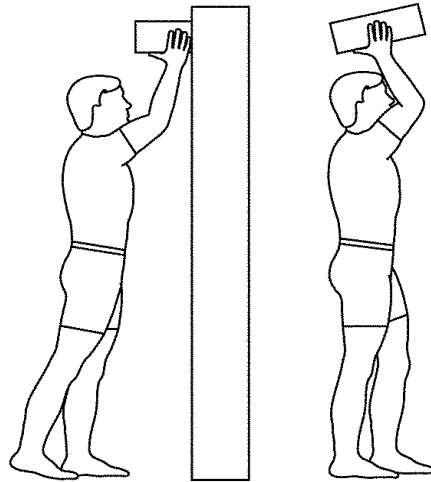
Keeping the back straight, pivot at the hips while extending one leg straight behind you as you reach down to pick up the object. As you pivot back up with the object, swing the straight leg back down.



## The Over-Head Lift

This lift is used when lifting objects down from a high surface, such as a shelf. If the object is higher than head level, use a step stool.

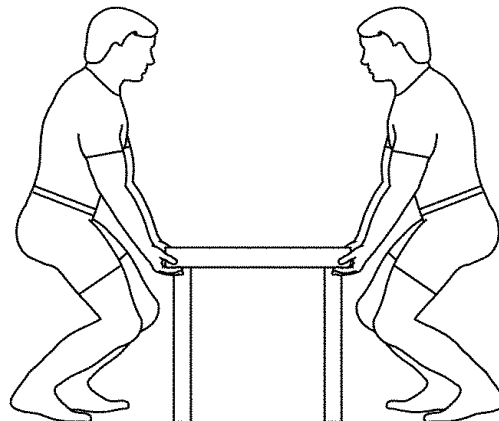
Move close to shelf. Place one leg in front of the other. Shift weight slightly to the front leg. Reach up and firmly grasp object in both hands while keeping back straight. Slowly lift object off of shelf as you shift equal weight back onto both feet. Carefully lower object down to chest.



## The Two-Person Lift

This is used when the object is either too heavy or too large, bulky or cumbersome for one person. This may be a table, a large box or a mattress. If the entire object cannot be held close to your body, or you have any doubt about safety, get help.

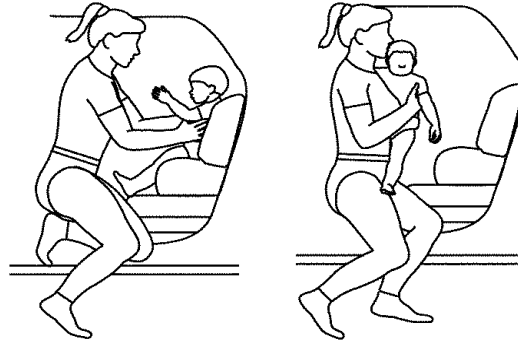
Both people stand on either side of object as close as possible. Communicate with each other as to who will count for the lift and in which direction you will go. The lift performed is the squat lift. Squat down, keeping the back straight and firmly grasp the object. The lead person gives a 1-2-3 count and both people lift on the 3 count by tightening abdominal muscles and slowly straightening legs.



## The Standing Kneel Lift

This lift works well when moving objects from within a car such as a small child.

Stand close to car seat. Keep back straight. Kneel on inside knee. Tighten abdominal muscles and slowly grasp child in hands and carefully bring child to chest. Stand up slowly.



## Reducing the Load

When possible, it may be better and easier to break up the lift into several smaller lifts, such as with a box of books.

