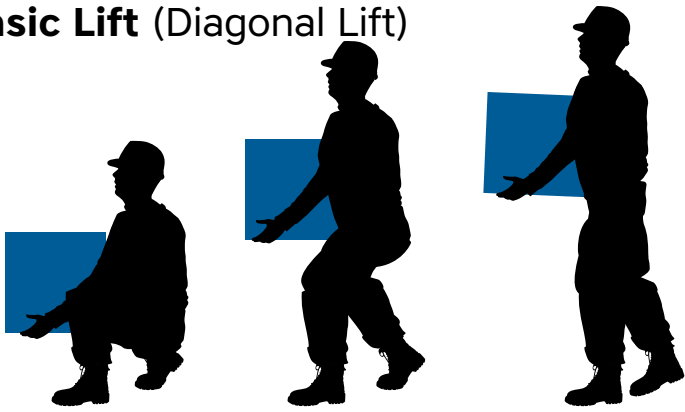


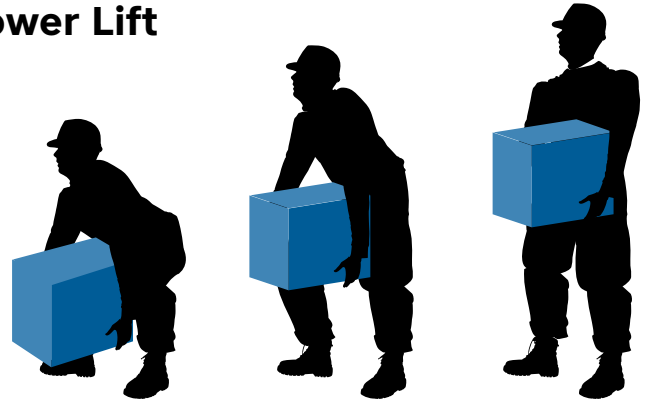
Lifting Techniques

1 Basic Lift (Diagonal Lift)



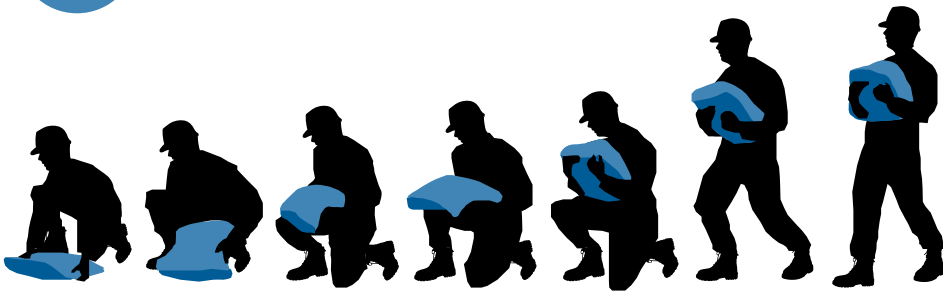
This lift is the most common good lifting technique. Use the basic lift for objects small enough to straddle when you have enough room to use a wide stance.

2 Power Lift



Use the power lift for objects too large for you to straddle. This lift is very similar to the basic lift. In the power lift, the object shifts your center of gravity forward, and you must push your buttocks out to compensate.

3 Tripod Lift



Use the tripod lift for objects with uneven weight distribution (example: sacks of food). *Recommended for people with decreased arm strength. Not recommended for people with bad knees.*

4 Partial Squat Lift

Use the partial squat lift for small, light objects with handles close to knee height.

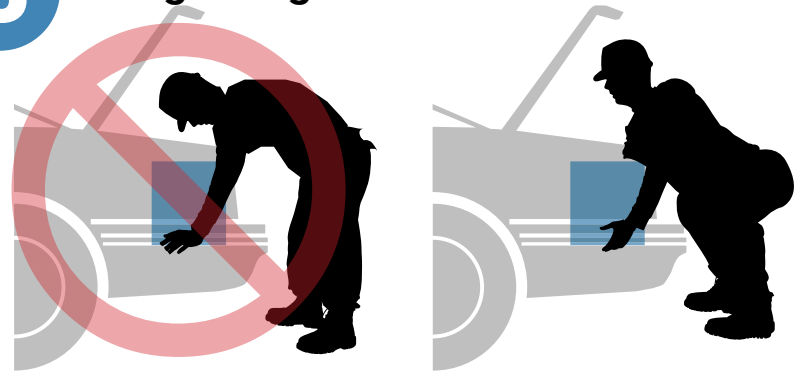


5 The Golfers' Lift



Use the golfers' lift for small, light objects in deep bins and to pick small objects off the floor. *Recommended for people with knee problems or decreased leg strength.*

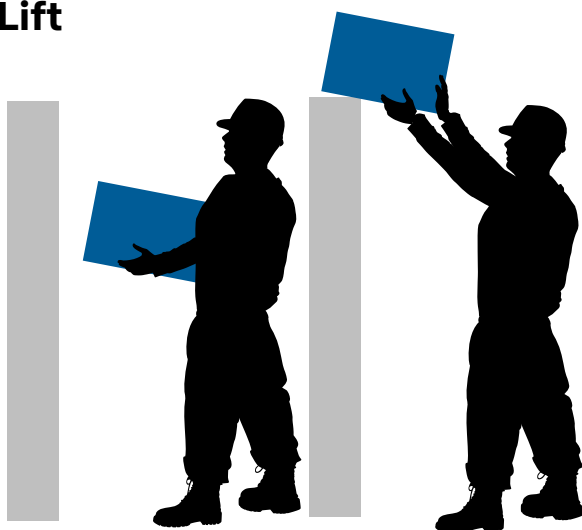
6 Straight Leg Lift



Use the straight leg lift when obstacles prevent you from bending your knees. Be careful! Lifts over obstacles that prevent you from bending your knees put you at increased risk for muscle strain. If possible, avoid this lift.

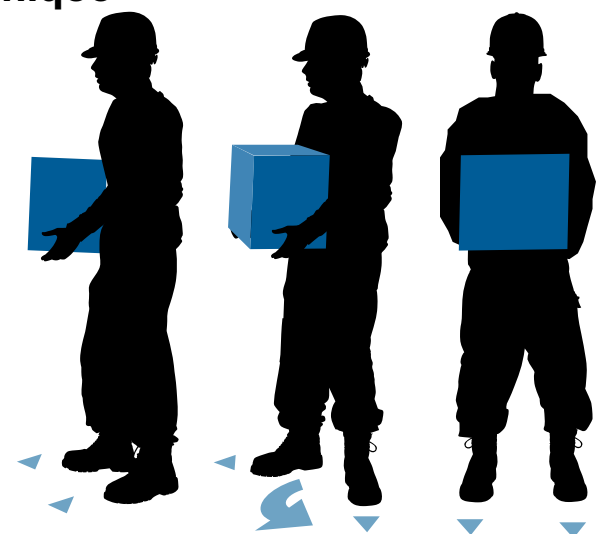
7 Overhead Lift

Use the overhead lift to place objects on an overhead shelf. This lift begins with the object in your hands. Be careful! It can be difficult to maintain balance during this lift.



8 Pivot Technique

When you must lift an object and then turn to carry it away, it is common to twist the body. Twisting while lifting can cause serious damage to the tissues of the back. Use the pivot technique to avoid twisting while lifting.



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