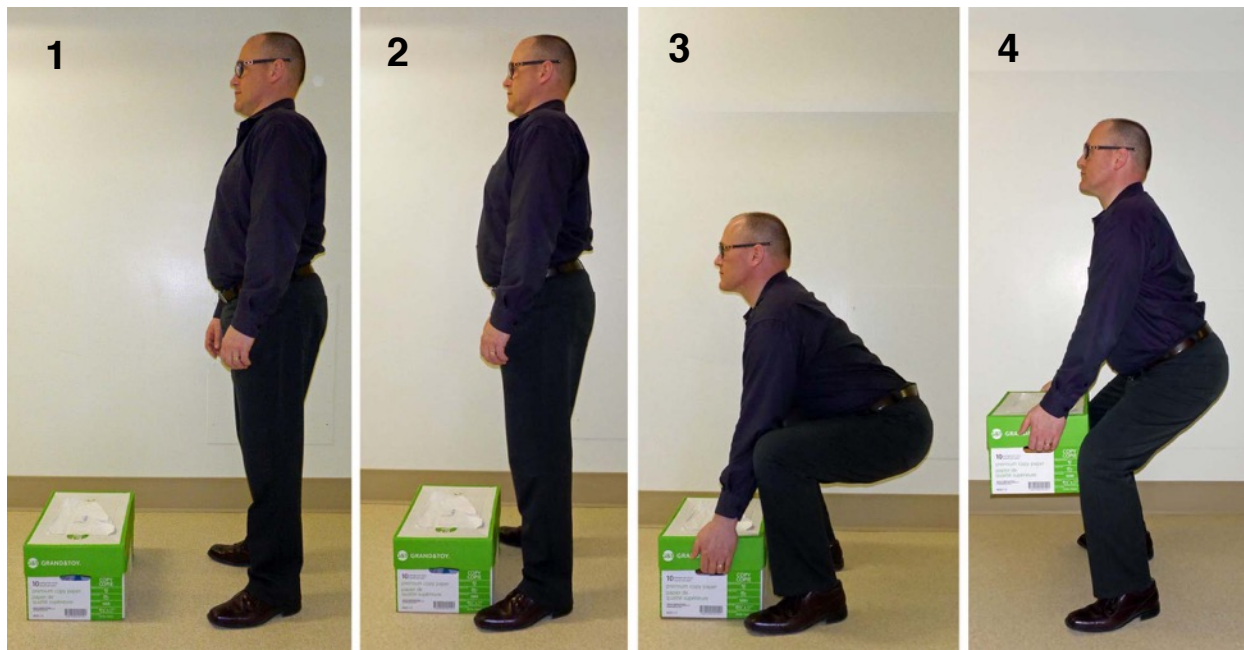


How to Perform a Proper Lift

This sheet was produced as a quick reference on how to conduct a proper lift with squat. Using this technique can help to reduce injuries for lifting objects that are 50 pounds or less. If you are lifting more than 50 pounds *occasionally*, ensure that you have assistance or a mechanical lifting device.



1. Start by facing the load you are going to lift. Ensure the area is safe to lift (e.g. no water/oil on the floor) and that there is a clear path if you are going to carry the item away from its original position.
2. Get as close to the item you are lifting as possible. If possible, place each foot on either side of the item to be lifted. The picture marked “2” is a good example.
3. Conduct a proper squat, ensuring that the curve in your back is properly maintained and your knees do not go beyond your toes.
4. As you lift, ensure that you look straight ahead to prevent losing the natural curve of your lower back. Lift with your legs by moving the weight onto your heels when you lift.
5. Throughout the lift, ensure the item you are lifting stays as close to the body as possible.

If you have any questions, please contact Randall Tresidder via e-mail, Randall.Tresidder@nshealth.ca.