PROPER LIFTING PROCEDURES

**Basic Lifting Principles**
- Size up your work load
- Plan your lift
- Wide stable base of support
- Get a good grip
- Use the power position
- Get close to the load
- Don't twist
- Don't Jerk
- Get help
- Build a bridge
- Use a mechanical device

**Lifting Techniques Practice**

*The Squat Lift*
Squat, Head Up, Back Arched, Feet Spread One Foot Ahead As You Lift

*The Tripod Lift*

*The Power Lift*
Partial Squat, Head Up, Back Arched, Feet Spread One Foot Ahead As You Lift

*The Golfer's Lift*

Kneel When Working in a Low Position

*Straight Leg Lift*
Bend at the Hip, Not the Back

**The One Minute Rule**
- Any labor saving device that takes longer than doing the job manually will not be used.