

# Lifting Safely

## Types of lifts

### DEEP SQUAT LIFT

- Full squat to the ground.
- Keep your back upright.
- Places less strain on the back and neck muscles.
- Need good knee, ankle and leg muscles and Joints.



### WHY USE DEEP SQUAT LIFT?

- \* Involves the larger muscles in your legs, stomach and arms to lift.
- \* Places less strain on your lower back.
- \* This lift may be hard if you have weak leg muscles or knee and ankle injuries.

### SEMI SQUAT

- Place feet shoulder width apart for balance.
- Bend both knees slightly.
- Lean forwards at the waist.
- Don't bend your back.
- Look down with your eyes but keep your head upright.



### WHY USE SEMI SQUAT LIFT?

- \* Involves the larger muscles in your legs, stomach and arms to lift.
- \* Reduces strain on your back.
- \* Places less strain on your knees and ankles.
- \* Can be used in most situations.
- \* **CONSIDERED THE SAFEST LIFT.**

### STRAIGHT LEG LIFT

- Lift used by many people as it feels quicker and easier.
- Lift is not safe as it can result in injury.
- When lifting with straight legs strain is placed on your back and muscles.
- To avoid injury avoid lifting with straight legs.



### WHY STRAIGHT LEG LIFT IS UNSAFE!

- \* Places large amounts of strain on the lower back muscles.
- \* Increases strain on your neck and shoulder muscles.
- \* Increases your risk of injury.

## Before you LIFT an object

## LOOK THINK DO!

*If you experience pain that is not relieved by stretching or rest, contact your supervisor immediately or HR and OH&S Manager on 1800 080 008.*



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