

WORK RIGHT REVIEW

Work Right NW Newsletter

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Lifting Techniques in the Work Place

Repetitive lifting is one of the most common work tasks in an industrial setting. It is vital to make sure you are completing lifting tasks with the proper ergonomics. It will ensure your safety and will help keep your body healthy.

Whether you are lifting five pounds or 150 pounds, it is essential to lift with the proper technique. First, set a strong base by standing with your feet shoulder width apart. When you squat down, your hips, knees and toes should align and your heels should never leave the ground at any point of the lifting motion. Once you squat down to lift the object, make sure your core is activated and your back is straight. Keep the item close to your body. You should never compromise your back posture at any point in the lift. Pushing up through your heels, return to your starting standing posture. If you need to rotate the item, make sure to take your feet with you. Never rotate an item just using the trunk.

If you need to lift the object overhead, ensure that you have a strong base before completing the next phase of the lift. Again, your back should be straight, and your core should be activated. Start with the knees slightly bent and the object in front of your core. While keeping the object in front of you, but close to the body, extend the object over head while straightening your knees. It is essential to make sure that you do not lock out your knees and that you keep your heels flat. By doing so, you ensure a strong base, reducing your risk for injury.

By continuously practicing proper lifting technique without lifting an object, you can ensure that your body has the proper mobility and strength to complete any task. Once you master the basic squat, progressively practice with weight to create a more functional exercise. Finally, practice rotating with the object. Remember to take your feet with you when rotating.



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent discomfort. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry 1 company at a time by helping 1 person at a time..

The Squat:

With your feet about shoulder width apart, squat down as if you are sitting in a chair without assistance. Throughout the motion, keep your core engaged, your back straight, and your heels on the ground. Return to your standing position. Repeat.