

Lifting/Lowering Techniques

- The following are proper lifting/lowering techniques:
 - o Back is straight
 - Knees are bent
 - Hands are close to the body
 - Lift straight up
 - No twisting of the trunk
 - Keep object centered with the body
 - Lift only weight-appropriate objects/people
- Where more than one person lifts/lowers another person or object, the base of support must be secure
 (for example, hand securely grips another's forearm when lifting a peer). The person being
 lifted/lowered must be moved using appropriate body parts (for example., upper limbs).