



Appendix I: The Ideal Lift

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- Face and stand close to the load
- Place feet shoulder width apart (for good balance)



- Bend your knees, keep your back comfortably straight
- Grip the load firmly and securely
- Hold the load as close to the body as possible
- Test the object's weight before lifting it

- Lift smoothly using legs
- Tighten stomach muscles
- Keep arms, elbows, object close to the body
- If you must turn when holding or carrying the load, turn using your feet, not your torso
- Place the object below waist height, follow the same procedures in reverse order to lower object
- Keep your back as vertical as possible and bend at the knees



- Maintain a neutral lumbar spinal curve



Additional online training on manual material handling and lifting is available through EHS, refer to the following link for more information:

<http://www.ehs.utoronto.ca/Training/training.htm>