Lifting Tips – Power lifting
Most of us have been trained to lift objects using the traditional “bend your knees and keep your back straight” technique (squat lift). However, this traditional lifting technique does not always work. Alternatives to the squat lift include lifting in a “power” position with the back in a neutral position without using a deep knee bend. This lift is safer than a squat lift and uses less energy.

What is “power” lifting?
“Power” lifting involves bending at the hips and knees with the feet in a wide stance, slightly wider than shoulder-width apart.
- Places spine in a strong, neutral position.
- Keeps knees out of the way; worker can get closer to the load.
- Allows worker to raise and lower load vertically using stronger leg muscles rather than the weaker back muscles.
- Increases balance and power when lifting.

Why doesn’t the squat lift always work?
- Knees get in the way of getting close to the load.
- Size of the load is limited since it has to fit between the knees.
- Standing up from a deep knee bend position requires extra energy.

Power Lift Basics
- Approach the corner of the load with feet at least shoulder width apart.
- Bend your knees and lift your head and chest to place your back in a strong position.
- Use your stronger leg muscles to rise up like an elevator. Don’t bend over and use your back like a crane.

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- http://ergonomics.ucla.edu/backsafety

To schedule training...
- http://recreation.ucla.edu/backsafety