Lifting/Lowering Techniques

- The following are proper lifting/lowering techniques:

  - 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).