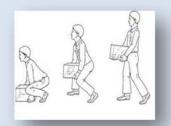
A MEMIC Minute:

Types of Manual Lifts

Diagonal Lift

(Basic lift, for smaller objects)



- 1. Get close to the object, with your feet spread at shoulder width.
- As you lower to the object, bend your knees, while keeping your back straing and your buttocks out.
- 3. Grip the object with one hand placed diagonally on each side.
- 4. Lead with your head upright, extend your legs and keep your back straight.

Power Lift

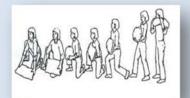
(For average, standards lifts.)



- 1. Place your feet in a wide stance with one foot in front of the other.
- 2. Keep your back straight. Use your legs and hips to lower yourself down to the objects level.
- 3. Place the load close to your body.
- 4. Grip object with one hand diagonally on each side.
- 5. Look forward when preparing to lift.
- 6. Lift while extending your legs with a back straight and your buttocks out.

3 Point Lift

(For lifting uneven weighted objects, bags, etc.)



- Kneel with one foot next to object. Slowly lower yourself to the object, making sure your back is straight.
- 2. Using both of yourhands, firmly grip the object.
- 3. Slowly pull the object from the ground to midthigh.
- 4. Flip the object onto kneedled leg (making sure back remains straight with buttocks out).
- 5. Look forward as you are preparing the lift. Pull the object close to yoru stomach, as if you're hugging the object.
- 6. Hold the object close to your body, extend your legs with your back straight.



A MEMIC Minute:

Types of Manual Lifts

Golfers Lift

(For lifting small, lightweight items)



- 1. Lay your hand on close stable surface (like a table or bin).
- 2. Straighten your back and extend one leg behind you while rotating your upper body forward (your upper body weight will balance with lower body, as if a pendulum).
- 3. Firmly grasp the object.
- 4. Look forward as your upper body is elevated back.
- 5. Slowly swing the opposite leg back into an upright position as body rebalances itself.

Partial Squat Lift

(For lifting small objects with handle at knee level.)



- 1. Stand close to the object so it is at your side.
- 2. With your feet apart, at about shoulder width, and one foot ahead of the other.
- 3. Place your hand on your thigh while you lower yourself down to reach the handled object with other hand.
- 4. Keep your back straight and your buttocks out.
- 5. To support the lift, push down slightly on your thigh with your free hand.
- 6. While looking forward, grasp the object and extend your legs with your back straight.

 $Pictures\ Courtesy\ of:\ \underline{https://liftingtechniques.wordpress.com/lifting-techniques/partial-squad-lift/}\ and\ \underline{https://puhoiphysiotherapy.co.nz}$

