

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.
2. As you lower to the object, bend your knees, while keeping your back straight 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.)



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

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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: <https://liftingtechniques.wordpress.com/lifting-techniques/partial-squad-lift/> and <https://puhoiphysiotherapy.co.nz>