

# Lifting/Lowering Techniques

- The following are proper lifting/lowering techniques:
  - Back is straight
  - Knees are bent
  - Hands are kept close to the body
  - Lift straight up
  - Avoid any twisting of the trunk/core
  - Keep objects 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).