

# HEAVY LIFTING

**Cashiering   Freight   Stocking   Front End**

## Team Lift

A team lift is usually done by two people each doing a squat lift to pick up an object together. A team lift is a great way to lift objects that are heavy or bulky. This lift should always be used for objects over 50 lbs.



## Squat Lift

A squat lift is done by keeping your back as straight as possible and bending your knees. Stand up with the object keeping it close to your body without bending your waist. This lift can be used with small to medium sized objects that weigh less than 50 lbs. Using a squat lift minimizes the stress on your back.



## Straddle Lift

A straddle lift is a modified squat lift except you stand with the object between your legs. Bend your knees, look forward, and keep your back straight as you stand. This lift is safer than the squat lift. Using a straddle lift helps to keep objects close to your body which further decreases stress on your back.



### Remember:

- Keep objects close to your body as you lift them
- Avoid twisting your back: take a step or turn your entire body
- Use a team lift for bulky or heavy objects
- Look forward while you lift to help keep your back straight