



LIFTING CHEST OF DRAWERS

When lifting a chest of drawers, all too often the technique used is seen in the first illustration. Here, a worker is standing with his feet together, knees only slightly bent, creating a leveraged lift to the back. This type of lift requires a large amount of upper body strength as the grip is placed too high on the chest and the legs aren't being allowed to do much of the lift. This way the object must be picked up primarily with the back, upper body and arm strength.

A much stronger and safer method of moving a chest is seen in the second illustration. Here our worker is moving his end of the chest away from the wall for wrapping, prior to moving. He has done several things to improve the safety as well as the strength of his lift. First, he is in a wide stance, which allows his legs to become much stronger than when used in a narrow stance. By having a wide stance, notice how he has stepped **AROUND THE SIDE** of the chest in the direction that the chest is going to be moved. In this way, he is moving the load towards his body rather than away from his body. Having a wide stance and his knees out of the way, also allows him to literally rest his chest against the chest of drawers. This creates a large amount of leverage for use by his legs when lifting and swinging the end of the chest out away from the wall. That way his upper body and back are supported by the chest itself, while the legs do the lift.

Looking again at the first illustration, you will see that this worker is actually going to move the load away from his body because of the placement of his feet. This will increase the lever arm to his back causing him to work too hard and setting him up for a potential injury to the spine. Instead, always handle a chest of drawers just like a wrestler would handle an opponent. Get in a wide **POWERLIFT**[®] stance, get close to your load, use your legs and remain in contact with the item you are handling.