



LIFTING LARGE FLAT OBJECTS

When we lift large, flat objects such as a wrapped tabletop or framed painting, we tend to grasp each side of the object and lift it straight up off the floor. The problem is that if the object is heavy, this requires some very good grip strength, and a large amount of upper body strength. As we lift, we generally have our feet together and our upper body is being supported by our low back, rather than by our legs.

To overcome these obstacles, try tipping the load as seen in the illustration above. Here the worker is lifting a heavy, wrapped tabletop. He has created handles to improve his grip by simply tipping the load before he lifts it. In addition, he has assumed a very wide POWERLIFT® stance and is using his legs to lift the load, while at the same time, keeping his back IN NEUTRAL and protecting it.