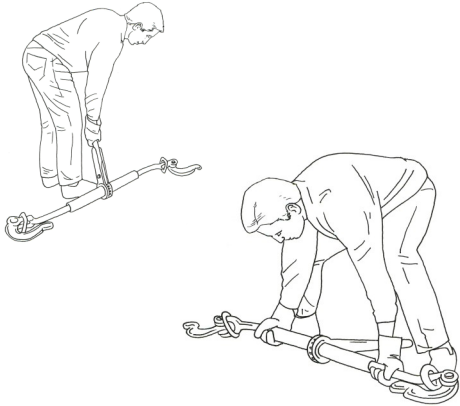
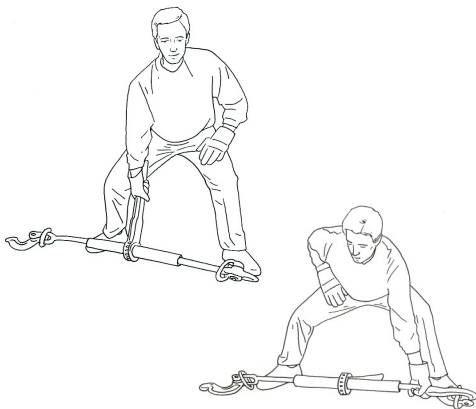


LIFTING THE RATCHET



As you can see by the illustration above, using your back especially in a bend/twist position, is not the preferred method for lifting a ratchet. Bend/twisting the back in this manner puts an excessive amount of strain on the ligaments and discs of the lower back.

Another common way of lifting a ratchet is seen in the second illustration. At first glance this may look like a well positioned POWERLIFT® technique. However, the lifter's lower back has been brought directly into the lift simply because he has used both hands at the same time to reach for the ratchet. Unfortunately, as we bring our hands to within the last five inches of the floor, the back is brought into play. If the load we are lifting is sitting on a pallet or is at least 5" off of the floor, then it is possible to reach with both hands because the back can remain in neutral for the lift. It is the last 5" to the floor that pulls the back out of neutral into a rounded position creating, as in this case, a wide stance back lift.



There are two alternate methods of lifting the ratchet that are much better suited for using the legs. In the first illustration note that the lifter is using one hand to lift the ratchet, while the second hand bridges to the leg. This one handed, bridged, POWERLIFT® is an extremely effective method for lifting a ratchet or any object that can be lifted with one hand. By keeping a wide power stance we are using the legs effectively. By bridging we are tying in the upper body for added strength while at the same time transferring the lifting load from the upper body directly to the legs. Using one hand to go down for the ratchet handle allows the back to remain in neutral during the lift.



A second way of lifting a ratchet is to use a POWERLIFT® Tip the Load technique. As seen in this illustration, our worker is using a wide stance while bridging to one leg, then reaching with the free hand to the end of the ratchet in order to tip it to a vertical position. This is also a very effective method as there is no load on the back and the legs are doing all the lifting with the upper body tied into the bridge.

To lift the ratchet up to the shoulder from its vertical position always remain in a wide Power stance. Your personal style for grasping the ratchet may be different than seen in the illustration and remains entirely up to you. However, note that this lifter remains in a wide Power stance throughout the entire act of placing the ratchet on his shoulder and only then steps out of the Power stance as he walks away with the load. Always save your back, use POWERLIFT®.