



## LIFTING FLAT OBJECTS FROM THE FLOOR

When faced with tipping a flat object up from the floor, consider this technique. As seen in the illustration above, this person is about to move a wrapped picture frame. To do this, he steps over the corner of the large, flat object, grasps it with one hand, then while BRIDGING with his other hand, tips it up on end. As soon as the object rises just a few inches off of the floor, he will engage his second hand to aid in the tipping maneuver. Using one hand to go down and tip an object up, such as this, while the other hand is bridging to the leg, is an extremely strong method of lifting. This works well with table tops, framed paintings and prints, or anything that is large, flat and is on the floor. The biggest key to keeping your back out of this task is to BRIDGE TO YOUR LEG with one hand for the initial pick up, and then immediately bring your bridged hand to the object for a two hand grasp as it continues to tip up from the floor.