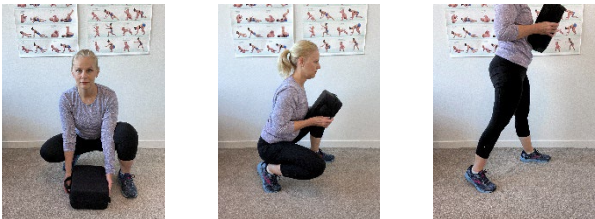




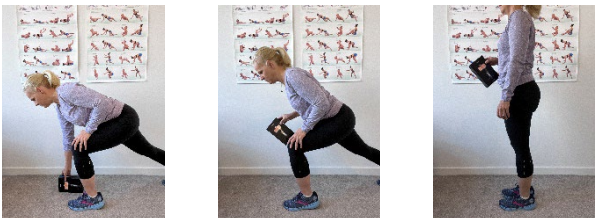
A power lift is good for lifting heavy objects off the floor. To perform a power lift:

- Position yourself close to the item with your feet about shoulder width apart.
- Tighten your abdominals stabilize your spine and squat down by bending at your hips and knees, keeping the back straight.
- Pick up the item, keeping it as close to your body as possible.
- Make sure you have a firm grip on the item so it does not slip.
- Slowly lift by straightening your hips and knees.
- Avoid twisting your trunk when carrying the object.



A staggered squat lift is good for lifting medium weight objects from the floor or for lifting objects out of awkward spaces. To perform a staggered squat lift:

- Position yourself close to the item with your feet staggered widely around the item to be lifted.
- Tighten your abdominal muscles to stabilize your spine and place one foot ahead of the other in a staggered stance.
- Pick up the item, keeping it as close to your body as possible.
- Make sure you have a firm grip on the item so it does not slip.
- Slowly lift by straightening your hips and knees.
- Avoid twisting your trunk when carrying the object.



A Golfer's pick-up is ideal for lifting light items from the floor. To perform a golfer's pick up:

- Position yourself close to the item you will be lifting.
- Reach down keeping your back straight using your dominant hand while placing most of your weight on the opposite leg while straightening the dominant side leg behind you resting on your toes. Or balance on the one leg if you feel steady enough).
- Maintain tension in your abdominal muscles keeping your back straight hinging from the hip as you pick up the item and return to standing.
- Avoid twisting your trunk throughout the movement.