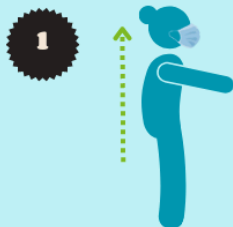


Lifting techniques

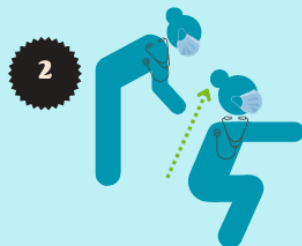
Caregivers guide to lifting

Prepare to lift



1

Maintain neutral spine



2

Bend at hips and knees



3

Use your leg muscles



4

Keep load close to your body



5

Avoid prolonged static positions



6

Use equipment properly



7

Avoid overloading



8

Assess the load



9

Plan the lift



10

Use proper lifting technique



11

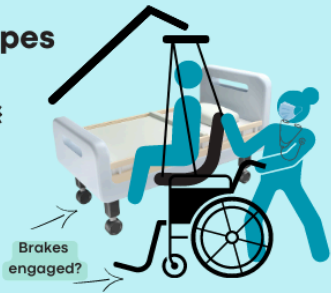
Communicate and coordinate

Lifting techniques

Caregivers guide to lifting

Lift types

1



Bed to chair transfer

2



Lifting limbs

3



Repositioning

4



Lateral transfer

5



Toileting

6



Sit to stand technique

7



Lunge position for movement