





## 16. Force - lifting: starting position

Ergonomic  
design

We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Starting posture</b>	A poor starting posture: <ul style="list-style-type: none"><li>• requires more muscle power</li><li>• overloads joints in the arms and spine</li><li>• increases the chances of incidents or injuries from running into things or people, cuts, or burns</li></ul>	For small, compact loads: <ul style="list-style-type: none"><li>• hold load as close to body as possible</li><li>• starting posture: comfortable, in position that allows holding the load close to the body - back can be bent (if lifting from floor especially)</li><li>• place feet on both sides of the load, if possible</li><li>• put one foot forward in the direction the load is to be moved</li><li>• lift using leg muscles, if possible</li><li>• avoid lifting from below knees and above shoulders</li></ul> For larger loads: <ul style="list-style-type: none"><li>• find another person to assist/help or use devices such as hand trucks, hoists, forklifts</li></ul>
<b>Horizontal distance for grasping the load</b>	A load that is farther away from the body: <ul style="list-style-type: none"><li>• requires more effort</li><li>• tires arms and back</li><li>• causes back problems</li></ul>	<ul style="list-style-type: none"><li>• Hold load as close to body as possible</li><li>• Remove all obstacles in travel path</li><li>• Reduce the size of the load</li><li>• Use mechanical lifting devices if load is bulky or heavy</li></ul>

Translated and adapted from SOBANE materials, available at [www.sobane.be/fr/tms\\_obs.html](http://www.sobane.be/fr/tms_obs.html)

