

Tip 15 - Learn How to Lift Properly

With this tip, *Tip 15* (thanks for staying with me so far) I was trying to come up with sexier titles like ‘*Become a World Strongman in Lifting*’ ... ‘*Smash the Paradigm*’ ... ‘*Develop Buns of Steel*’ ... yeah, you don’t need to tell me, I know I was struggling. Then I said to myself* ...

‘No, no, no Gareth! Keep it simple and just tell them ... as part of their journey towards being a Manual Handling Risk Management Expert they need to learn how to lift properly.’

And with that said the desperate nurse urgently leads *Dr. Connors* through the trauma department hall; he checks for a second, feeling the rising of vomit; where he is led to a young boy, crying in agony whilst lying supine on the cubicle bed. *Dr. Connors* gathers himself and asks in an assured, Expert tone ‘*Gentlemen, what seems to be the problem*’. His Junior proceeds with ‘*Bicycle accident. Fractured tibia, about 5 inches below the patella.*’ *Dr. Connors* again holds back, unsure of what to do. But again gathers the necessary state of mind to say ‘*Dr. Harris, do you concur?*’ His Junior replies ‘*Concur with what Sir?*’ *Dr Connors* replies in a concerned tone ‘*With what Dr. Ashleigh just said to you? Do you concur?*’ His Junior replies ‘*Well it was a bicycle accident? The boy told us!*’ and *Dr. Connors*, struggling to think where he will go next, replies ‘*So you concur?*’ We will revisit *Catch Me If You Can’s Dr. Connor’s* hilarious question at the end of this *Tip*.

In the planning stages of writing *Sorry! We’re Closed* I looked at a variety of articles and blogs about writing a Business Book. In one blog post the following was written as a type of Business Book that is popular.

Smashing the Paradigm – You explain why the current way of thinking or doing something is seriously wrong. Although your Book rips the old model to shreds, it need not offer a fully-developed new paradigm. With that said I will now define the word paradigm ...

A typical example or pattern of something; a pattern or model.

*First sign of madness.

Other words related to paradigm are *standard ... example ... set of ideas ...*

Locked and loaded, I am now going to Smash that darn Paradigm! Now you are going to learn how to lift properly.

Squat Lifting

This applies to inanimate loads that are between waist and floor level. Squat lifting and lowering makes full use of leg muscle power, providing control and stability, minimising spinal strain. This safer lifting practice involves Semi-Squat and Full-Squat technique.

- Individual Micro-Assessment of the Task, Load & Environment
- Keep the load close to your body
- The feet should be symmetrically positioned, slightly wider than shoulder width apart with the load between your base of support
- The semi-squat technique involves moderate hip and knee bending and is indicated for lifting at upper thigh height or loads with handles like buckets
- The technique of choice to reduce spinal strain when lifting a load below your knee level is the full-squat. As a guide in full-squat lifting, the hips should not go below the level of the knees
- Look down to the load
- Ensure a safe and secure hold on the load. Before the lifting phase align your neck in the neutral position. This is achieved by looking down to a point on the ground where your head would be if you were lying down
- The lifting phase involves lifting with the upper thigh muscles by ‘pushing the floor away’



And bringing *Tip 15* to an immediate close; with what I have stated as the **ONLY** way the Human Body should ever **have been** (yes, even since ‘*Lucy*’ the hominid 3.2 million years ago!), and ever **should be** used to lift loads properly, I therefore ask you *Dr. Connor’s* question ... ‘*Do you concur?*’*

You reply ... ‘*Yes, I concur.*’

My reply ... ‘*So you concur?! That’s very good.*’

Exercises

The bullets points regarding Squat Lifting Technique and Practice have been intentionally kept very short. Remember *War & Peace*? Therefore some exercises for you now. Some are **FREE!** And some will need some cold, hard cash!

- Watch our Bespoke Manual Handling Training DVD Videos on www.osteopathicsolutions-manualhandling.co.uk/bespoke-manual-handling-dvd
- Download our CPD Certification Service Accredited Instructor Assessor Course Booklet from www.osteopathicsolutions-manualhandling.co.uk/free-downloads
- Book your Manual Handling Q&As Wednesday at 3pm slot via www.osteopathicsolutions-manualhandling.co.uk/book-online
- Purchase our Manual Handling Training DVD, as a DVD Box Set, USB Box Set or Vimeo Login via www.osteopathicsolutions-manualhandling.co.uk/buy-online
- Train as a Manual Handling Instructor on our Accredited Public Programme. www.osteopathicsolutions-manualhandling.co.uk/public-manualhandlinginstructor

*If you don’t, then join me (and other Health & Safety Professionals) on my Manual Handling Q&As Webinar (run every Wednesday at 3pm via *Microsoft Teams*) to debate this topic and more! For more information read Tip 48. But don’t forget to read Tips 16-48 in the meantime :->