

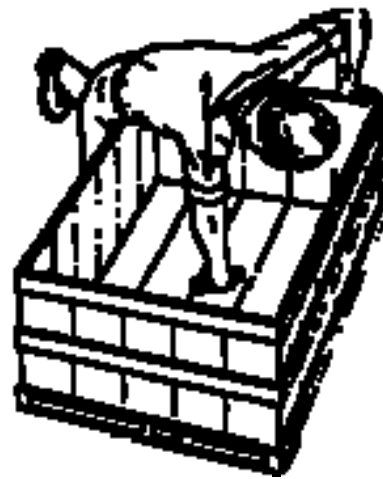
## Picking up light objects

The golfer's lift is a safe way to pick up light objects.

A golfer leans on his/her club to pick up a golf ball. You can use the same method to pick up things that you cannot squat beside and get close to.

Here is how it is done:

- Stand with legs shoulder width apart, one leg a little ahead of the other.
- When possible, use your non-lifting hand to lean on something for support, such as the edge of the container you are leaning into.
- Pivot from the hips, allowing your back leg to come off the floor slightly. This serves as a balance and allows the weight to be shifted from the spine to the stronger hip joint.
- Pick up the object with one hand.
- Use your non-lifting hand to help push your body back up as your foot goes back down on the floor.



The key thing to remember is that the object must be light enough to lift easily and safely with one hand.

You can lean on a table, a chair, a wall, the edge of a large box or crate that you are taking things out of, etc. The golfer's lift is particularly useful for removing things from the trunk of your car.

You can use the golfer's lift even without something to lean on, such as picking up laundry or kids' toys from the floor.

For more information contact the WCB's Prevention, Safety and Return to Work Department.