

## Diagonal Lift Safe Work Procedure

**Issue Date:** May 25, 2026

**Last Review Date:** \_\_\_\_\_

**Reviewed By:** \_\_\_\_\_

### Overview:

The diagonal lift is a variation of a floor-to-waist or knees-to-waist lift. It is used when a worker encounters a heavy object with poor coupling (i.e., it lacks handles) that is difficult to grasp.

### Risk Factors:

Moving objects incorrectly or without using safe body mechanics presents risk of musculoskeletal injury to workers.

**Equipment Needed:** Gloves, as required.

### Procedure:

1. Approach the object as closely as possible. If possible, approach it diagonally to avoid needing to reposition the object diagonally before lifting it.
2. Squat down by bending at the hips and knees until able to grip the object with both hands. If the object hasn't been approached diagonally, reposition it at this point so that it is at a diagonal angle.
3. Grasp the opposite corners of the object. Slide both hands under the object. Use a palms up grip under the object.
4. Begin to stand by pushing through the feet and straightening the knees and hips. Keep the shoulders back and relaxed with a neutral spine alignment. Keep the core strong and the object close to the body.
5. Stand up by pushing through the feet and using the quadriceps.

***To set the object down, complete these steps in reverse.***

