

## Golfer's Lift Safe Work Procedure

**Issue Date:** May 25, 2026

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

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

### Overview:

The golfer's lift is used when lifting light objects such as a pen or unplugging a cord. It is not the strongest lift, as it sacrifices the stability of using both feet in favor of increased mobility and reach. This lifting technique can be helpful in certain situations where there may not be space to use a different technique.

### Risk Factors:

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

### Procedure:

1. Choose the hand you will use to grasp the object. This side of the body will reach for the object and act as a counterbalance.
2. Place the other hand on a stable surface for support. This side of the body will provide stabilization and support to the worker throughout the lift.
3. Slightly bend at the knees.
4. Keep the hand and foot planted for stability.
5. Hinge at the hips while lifting the opposite foot off the ground to help counterbalance.
6. Keep the head and chest up, and the back in a flat neutral spine position.
7. Grip the object and begin to stand up straight.
8. Push through the hips while maintaining a straight back, keeping the head and chest up.

