

Partial Squat/Suitcase Lift Safe Work Procedure

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Reviewed By: _____

Overview:

The partial squat/suitcase lift is a technique used to carry a single object that has a handle, on one side of the body. Ensure that the object is light enough to be carried with one hand without twisting or excessive leaning.

Risk Factors:

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

Equipment Needed: Object with a handle, gloves (as required).

Procedure:

1. Position beside the object close enough to grasp it.
2. Position the feet in a staggered stance, with the dominant foot one step ahead of the non-dominant foot. The object should be in the middle of the stride.
3. Lower the body by bending at the hips and knees, keeping the chest upright in a neutral spine posture.
4. Grip the object with the hand closest to the object and tighten the core.
5. Begin to stand by straightening the hips and knees, pushing through the feet.
6. Keep the object close to the side of the body and avoid twisting or excessive leaning by maintaining a strong core.

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

