

Squat Lift

Safe Work Procedure

Issue Date: May 25, 2026

Last Review Date: _____

Reviewed By: _____

Overview:

The squat lift is commonly used to lift an object from floor to waist height.

Risk Factors:

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

Number of Workers: 1-2 workers depending on the size and weight of the object.

Equipment Needed: Gloves, as required.

Procedure:

1. Approach the object so it is positioned between the center of the feet.
2. Position the feet shoulder-width apart. Pointing the toes outward may help to achieve a deeper squat.
3. Bend at the hips and knees, as if sitting back into a small chair.
4. Keep the chest up with a neutral spine posture. Do not let the head fall below the waist.
5. Continue squatting until within reach to grip the object. Grip the object firmly.
6. Tighten the core muscles.
7. Engage the shoulders.
8. To lift the object, push through the feet and use the quadriceps to stand up. Try to feel the pressure on the outside of the feet. The effort should be felt primarily in the legs, with some involvement of the glutes, core, and possibly the hands to hold the object.

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

Squat Lift

