

## Team Lift Safe Work Procedure

**Issue Date:** May 25, 2026

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

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

### Overview:

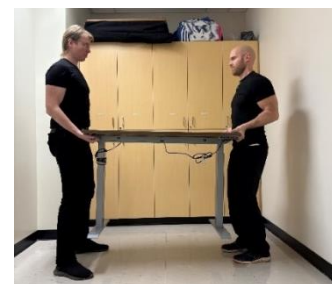
- If an object cannot be uncased or is too large and cumbersome, it may require a partner to manually lift it safely. Heavy objects (approximately 50 lbs. or more) should be lifted using a team lift.
- Team lifts reduce the amount of weight handled by splitting the total weight between workers. Sometimes, objects may be too large or awkward to be safely handled by one worker and a team lift is the most appropriate lifting technique.
- During a team lift, it is best practice for one worker to take the lead and issue a vocal command such as “1-2-3, lift” to synchronize the lift with their partner.

### Risk Factors:

- Moving objects incorrectly or without using safe body mechanics presents risk of musculoskeletal injury to workers.
- If a team lift isn’t completed in sync, this puts both workers at risk of injury, as the load will be unbalanced. Communication is key during a team lift, and any questions should be clarified before beginning.

### Procedure:

1. Approach the object and position as close as possible.
2. Bend at the knees and hips until the object can be effectively grasped.
3. Tighten the core, keep the shoulders back and relaxed.
4. Workers communicate a plan to complete the lift in sync. The lead gives a vocal command such as “1-2-3, lift.”
5. Press through the feet and use the quadriceps to stand upright.
6. Keep the chest and head high to maintain a neutral spine posture.



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