

Tripod Lift

Safe Work Procedure

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Last Review Date: _____

Reviewed By: _____

Overview:

The tripod lift is commonly used to lift small objects onto or off a low shelf, or to reposition an object to gain better control over it. This lifting technique can also be used to lift an object from the floor.

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.
2. Position the feet in a staggered stance, with one foot leading by about one step.
3. Bend at the hips and knees, lowering to the floor until the back knee touches the ground.
4. Grip the object on opposite sides.
5. Pull or slide the object up the rear thigh (side with knee on the floor).
6. Transfer the object from the rear thigh to the opposite thigh.
7. Push through both feet to stand upright, keeping the chest and head up while maintaining a tight core.
8. Avoid twisting or excessive leaning.

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

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