



DEAD LIFT TEST

This test simulates lifting a heavy item. To complete the test successfully, correct technique and strength must be applied.

- The candidate will be required to lift the weight until arms lockout.
- The candidate will be required to hold the lockout position for 5 seconds.
- Then after 5 seconds the candidate will be required to lower the weight in a controlled manner.

A safety officer will then demonstrate the correct lifting and lowering technique.

- Approach the simulator with the insteps, or at least the first third of your feet, on the base plate.
- Feet approximately hip width apart, toes turned slightly outward.
- Reach down and grasp the lifting handles.
- Arms should be straight, shoulders slightly over the line of lift and legs bent.
- Head looking forwards but not down.
- Back should be flat, but not vertical.
- On the order 'lift' push up with the legs and raise the simulator to the lockout position. This position should be held for 5 seconds. The time will start as soon as the lockout position is achieved and will stop after 5 seconds. The weight should then be lowered in a controlled manner. The candidate should look forwards at all times.

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