

Two Person Lift

Most likely situations

- moving to/from chair



STEP 1: READY POSITION

- The stronger of the pair (person 1) will stand behind the athlete, while person 2 will be by their feet
- Athlete crosses across torso, grabbing opposite elbows
- Person 1 reaches underneath athletes armpit and grips athletes forearms for support
- Person 2 squats on one side of the athlete, cradling the athletes legs *remember to keep one arm above the knee and the other below the knee



STEP 2: LIFT

- Person 1 communicates with athlete and instructs them to push down into their forearms, holding their weight in their shoulders
- Person 1 gives the command to lift ("one, two, three, lift")
- The athlete should remain in an upright position while Person 1 and Person 2 move together to transfer athlete onto surface



STEP 3: SIT

- Slowly lower athlete down together

MAKE SURE TO KEEP IN CONSTANT COMMUNICATION WITH YOUR PARTNER THROUGHOUT THE TRANSFER PROCESS