

SANDBAG LIFT SCRIPT

1. The purpose of the Sandbag Lift is to assess your physical capability with various materials handling tasks.
2. You must complete 30 successful lifts in 3 minutes and 30.0 seconds or less.
3. You will start by facing the wall with the line on the floor in between your feet. If, during a lift, part of your foot is touching that line, that lift will not count.
4. On “5, 4, 3, 2, 1, GO,” you will pick up the sandbag with two hands and press it against the wall.
5. The midline of the sandbag must come to the intersecting lines on the wall, or above. Otherwise, that lift will not count.
6. If the sandbag is not horizontal at the time of contact, the entire sandbag must be above the intersecting lines on the wall.
7. You are not allowed to throw the sandbag at the wall. That lift will not count. Both hands must be in contact with the sandbag when it is in contact with the wall, to demonstrate control.
8. Once you have completed a successful lift, you may allow the sandbag to drop to the floor.
9. You will move side to side, with the line on the floor in between your feet at all times, completing a total of 30 lifts.
10. Once the 30th sandbag touches the wall at the appropriate height, your time is stopped and recorded to the nearest tenth of a second.
11. You are not allowed to pick up the sandbag with the strap. Also, for safety concerns, you are not allowed to lift the sandbag up by placing a finger through the eyelet. That lift will not count.
12. You are, however, allowed to use the bundle of material at the end (“pigtail”), as well as the material around the eyelet.
13. We suggest lifting with proper form. However, we will not stop you for improper form unless it becomes a safety concern.
 - A good cue for proper form is: If you can see the line on the wall as you lift, your spine is in a neutral position, your core is engaged, and you are lifting with your legs. If you are looking down at the sandbag, your spine is not in a neutral position and your core is not engaged, which puts you at risk of injury.