

Diagonal Lift

Ensure safe body mechanics throughout the move.

Position yourself as close to the object as possible. Assume a stride stance or parallel stance.

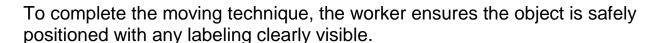
Slowly lower your body by bending at the knees and at the hips.

Grasp the object with a safe effective grip. If box-like object, grasp at diagonal corners.

Stand to lift the object keeping it close to your body.

Move the object to the second location. Take effective steps - do not plant your feet and twist your body.

Prepare for placing the object at the second location.



Following completion of the move, evaluate:

- Did the worker feel that the move compromised their own safe body mechanics?
- At any time did the worker feel the load was too heavy, awkward?
- Was the load somewhat unstable during the move?

If the response to any question is *yes*, consider re-assessing the selected technique; ensuring appropriate documentation and communication are completed.



Refer to the program's User Manual[©] for additional details.

- Transferring Lifting Repositioning (TLR) program
- Transferring Lifting Repositioning for EMS (TLR EMS) program
- Safe Moving and Repositioning Techniques (SMART) program

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