

Ensure safe body mechanics throughout the move.

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

Place one hand on a stable surface - this is your stabilizing hand.

Partially bend the knee that is on the **same** side as the stabilizing hand.

Bend forward at the hip on the supported side, extend the leg and arm on the non-supported side.

Grasp the object with a safe effective grip.

Lift the object and bring it up close to the body while keeping the knee of the stabilized foot slightly bent. Return to a stride stance.

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

To complete the moving technique, the worker ensures the object is safely positioned with any labeling clearly visible.

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 and 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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