

Front to Back/Back to Front

Ensure safe body mechanics throughout the move.

Position yourself as close to the surface as appropriate.
Assume a stride stance.

Use a safe effective hand position.

Use a front to back or back to front weight transfer.

Stay focused on the moving task and maintain control of the object.



Laterally (to one side)

Ensure safe body mechanics throughout the move.

Position yourself close to the surface and object.
Assume a parallel stance.

Use a safe effective hand position; elbows close.

Use a side to side weight transfer.

Stay focused on the moving task and maintain control of the object.



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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