

Manually Pushing Wheeled Equipment

Ensure safe body mechanics throughout the move.

Adjust the equipment as necessary.

Position yourself as close to the equipment as appropriate.

Use a safe and effective grip on the equipment handles.

To initiate momentum, use a back to front weight transfer.

Continue the momentum using your leg strength, keeping elbows close and your wrists in a neutral position.

Stay focussed on the moving task, maintain control of equipment.

To prepare for stopping the equipment, slow the momentum.

Use a front to back weight transfer to stop moving the equipment.

To complete the moving technique, the worker ensures the equipment (and load if applicable) is safely positioned and secured.

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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