

Ensure safe body mechanics throughout the move.

Position yourself as close to the object as possible.
Assume a stride stance - foot farthest from the object is in the slightly forward position.

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

Grasp object with a safe effective grip.

Stand to lift the object using the trunk and lower body while maintaining alignment, keep the load close to the body.

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

To place the object on the second location, assume a stride stance. The foot farthest from the object is in the slightly forward position. Slowly lower your body by bending at the knees and at the hips.

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

©copyright SASWH