

## ***In the Moment Risk Assessment - Object Moving***

Any worker who is moving an object conducts an **in the moment** risk assessment, which is not necessarily a formal, documented process, but a “mental” checklist.

### **TLR Safe Work Practice - TLR *In the Moment* Risk Assessment**

For each object moving task:

- 1. Verify** before performing a moving technique. Find out:
  - what you need to know about the object through labeling, co-workers
  - what may be new or has changed since the last move, last shift
  - is the moving technique a lift or reposition and what equipment is needed
- 2. Assess** for risks:
  - assess yourself before, during and even after the moving task: ask yourself questions such as “How am I feeling?”, “What is my attitude like today?”
  - assess the environment: clutter, noise, lighting, aggression/violence
  - assess the equipment: ensure appropriate assistance and equipment is available in quantity, capacity and quality
  - assess the object: hot, cold, heavy, awkward; assess the task: location, distance to move
- 3. Select** the moving technique:
  - ensure it is the safest technique if it is already identified
  - the technique may need to change if the assessment has identified a change
- 4. Prepare** for the move:
  - appropriate footwear
  - the plan is in place (equipment, assistance, route)
  - clear visibility
- 5. Move** the object:
  - duties are assigned
  - use safe body mechanics (stance, grip, weight transfer)
  - use the appropriate steps for the moving task
- 6. Evaluate**
  - did you feel that the move compromised your own safe body mechanics?
  - at any time did you feel the load was too heavy, awkward or unstable?
- 7. Communicate**
  - what went well
  - what the recommended moving technique should be
  - how risks were eliminated or managed
  - what needs to be documented

Refer to the TLR User Manual, Module 2, for more information on the TLR risk assessment process.

### **Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**