Ensure safe body mechanics throughout the move.

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

Slowly lower your body by bending at the knees and at the hips. Place one knee on the floor (that lower leg and foot directly behind and in line with the hip, the other foot remains flat on the floor with the knee up - 90 degree angle).

Grasp the object at diagonal (opposite) corners with a safe effective grip.

Slide/weight transfer the object onto the thigh of the leg with the knee on the floor, then **slide/weight transfer** the object to the opposite thigh.

Stand to lift the object using the strong thigh muscles while maintaining alignment. Keep the object close to your body.

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

Slowly lower your body - bending at the knees and hips. One knee is down on the floor, that foot behind and resting on toes. The other knee is up (90 degree angle) with that foot flat on the floor.

Place the object onto the thigh of the leg with the knee bent, **slide/ weight transfer** the object over to the opposite thigh while sitting back slightly, **slide/weight transfer** the object down the thigh to the floor.

Stand by using the trunk and lower body while maintaining alignment.

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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