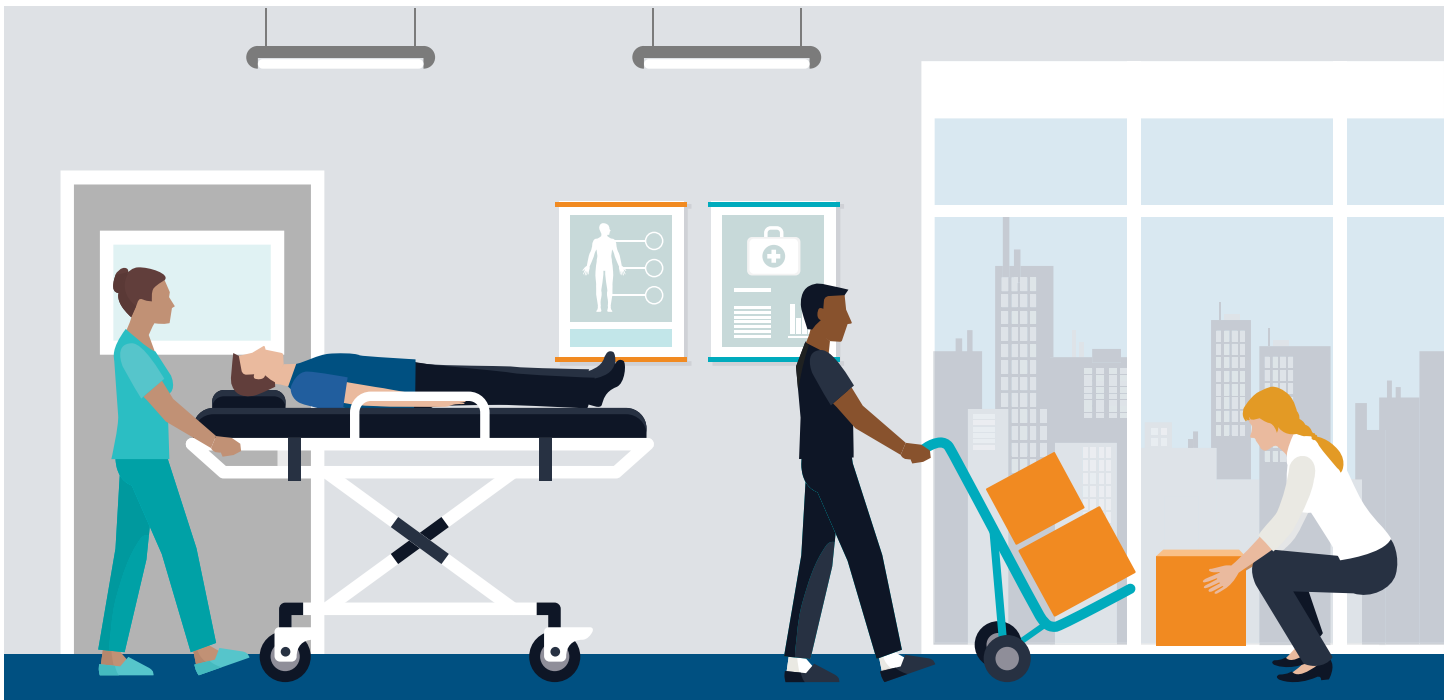




STAYING FLEXIBLE LIFTING SAFELY



Many of the tasks we do every day involve lifting, carrying, pulling, and pushing objects or moving patients. Avoid injury by using proper body mechanics and identifying and minimizing risks.



Use the following tips to prepare yourself for the task you are performing:

- » **Stretch your back and leg muscles** — By stretching before you lift or carry, you will perform better and decrease your risk of injury.
- » **Lift and load as close to your body as possible** — The weight of the load increases significantly the further away you hold the object.
- » **Use your stronger leg muscles to lift, not your back** — Don't bend like a crane. Avoid squatting or bending so low you strain your knees.
- » **Transport loads with a cart or hand truck** — Eliminate manual lifting/carrying whenever possible.
- » **Ask for help** — It will be much worse for you and your team if you are injured and out for weeks.

TIPS YOU CAN USE

At the next huddle, ask team members:

- » Where is the next materials handling or moving patients injury likely to come from?
- » What can we do to minimize the risks associated with that task?
- » Jot down the team's answers and share them with the unit-based team co-leads for follow-up and action.