

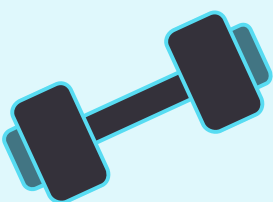
5 STEPS TO SAFE LIFTING

1. CLEAR THE PATH

- Make sure you have plenty of room to lift the object properly.
- Check to see that nothing blocks the path to your destination.
- Prop doors open or ask someone to hold them.
- Avoid slippery or uneven surfaces. Find a different route.

2. SIZE UP THE LOAD

- Push the object lightly or lift a corner to get a sense of its weight. If it's too heavy: break it down into smaller loads; get help; or use a hand truck, pushcart.
- Make sure the contents won't shift.
- Get help for awkward loads or those that will block your vision.



3. MAKE THE LIFT

- Stand as close to the load as possible.
- Lift slowly and steadily, using your legs, not your back
- Face it squarely.
- Bend your knees, not your waist.
- Avoid twisting as you lift.
- Keep your back as straight as possible.
- Keep your head up.

4. CARRY THE LOAD

- Hold the load close to your body between your shoulder and waist.
- Keep your back straight or slightly arched.
- Walk slowly and maintain firm footing.
- Use your feet to change directions. Avoid twisting at the waist.

5. SET IT DOWN

- Move as close as possible to where you want to place the object.
- Squat down to lower the object, using your legs.
- Avoid twisting and bending at the waist. Keep your head up.
- Let go only when the object is down and hands and toes are clear.



WHEELCHAIR TRANSFER TECHNIQUES

BEFORE ATTEMPTING A TRANSFER

- Think! what is the safest and best way to do the transfer?
- Let the person in the wheelchair know what you are going to do and also what is required of him/her to be safely moved.
- Do I need help or would it be a **safer** transfer if I had help?
- Mentally review the proper lifting techniques.
- Discuss the transfer with the other caregiver(s) involved.
- Make sure your foot position and back alignment is correct.
- Position yourself as close to the person as possible.

PREPARE THE WHEELCHAIR

- Make sure the brakes are on the wheelchair.
- Remove the leg rests if possible.
- Remove the arm rests if possible.
- Also make sure any equipment being used to help is in good condition and safe to use.



MAKING THE TRANSFER

- Use the power of your leg muscles and the hip and knee joints while lifting.
- Shift your weight and pivot on the balls of your feet.
- Keep the person you are lifting close to your body while lifting.
- Do not make sudden movements and be as smooth as possible in your movements.
- Do not rush!

Users of power wheelchairs may make sudden moves. Be aware of your feet in relation to a wheelchair!

HOW TO AVOID INJURY

- Do not grasp the person under the armpits to prevent an injury to the person being moved.
- Do not allow the individual to hold you around the neck to prevent injury to the caregiver's neck or back.
- Move your whole body in the direction of your move and do not twist your spine to prevent back injury to the caregiver.