The 10 Commandments of Lifting

1. Stretch to prepare for the workday.
2. Check your route for obstacles, cords, etc.
3. Size up the load, get help if needed.
4. Communicate with patient and/or lifting partner.
5. Utilize lifting aids available—Maxi-slides, Stedy, etc.
6. Lifting/moving people is different than moving objects.
7. Use proper position—spine angle, wide stance.
8. Lift with the legs.
9. Hold the load as close to the body as possible.
10. Avoid twisting—pivot with feet.