




Healthcare

# Lifting Techniques

***Prevent injuries with proper lifting of patients.***

- ▶ Wear appropriate slip-resistant footwear.
- ▶ Team lift. Do not move a patient by yourself.
- ▶ Do not twist when lifting patients or heavy objects.
- ▶ Identify trip and slip hazards before lifting.
- ▶ Use mechanical lifting devices when possible.
- ▶ Use lateral transfer devices when possible.
- ▶ Report unsafe conditions to your supervisor.

For more information:

 [www.worksafecenter.com](http://www.worksafecenter.com)  1.888.499.SAFE (7233)

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