

## Elements to Moving an Object

Essential elements of moving an object are:

- Communicating with Co-worker(s) During the Move
- Taking Precautions
- Proceeding with Preparatory Steps
- Positioning of the Worker
- Proceeding with the Moving Technique

### **Communicating with Co-worker(s) During the Move**

The primary worker communicates with co-worker(s) during the moving technique by giving short, clear commands one at a time throughout the moving technique and signalling the count in the moving technique (e.g., “1-2-3-Slide” or “1-2-3-Down”).

### **Taking Precautions**

During the moving technique, the worker takes precautions to:

- lift only within the comfort zone and never lift above shoulder level. This will help avoid shoulder injury to the worker.
- use the upper body properly. This will help avoid neck injury to the worker. If alignment is improper or the upper body muscles are used incorrectly, pressure increases on the cervical discs leading to an increased risk of injury.
- apply the principles of good body mechanics and ergonomics during any type of move to help avoid injury to oneself. For example, the worker:
  - moves their body in the direction of the move without rotating or twisting the spine
  - keeps their trunk upright (maintaining the three natural curves of the spine), tightening the abdominal muscles, bending at the hips and knees, and using the legs instead of the back
  - assumes the stance that provides a safe, flexible base, ensuring that the body is balanced and the centre of gravity is over the feet. This stance prepares the worker for any unexpected movement
  - works with gravity - always

### **Proceeding with Preparatory Steps**

The primary worker ensures that assessments have been conducted in all three critical areas - self, environment (including equipment) and object. The primary worker also ensures effective communication on the roles of everyone involved in the moving task and the expectations for ongoing object assessment before, during and after the moving task.

### **Positioning of the Worker**

The primary worker finds a position close to the object during the moving technique. This position permits the worker to maintain good control, use good body mechanics and reduce the probability of injury.

### **Proceeding with the Moving Technique**

Once positioned properly, the worker(s) then proceeds with the selected moving technique.

source: Safe Moving and Repositioning Techniques (SMART<sup>®</sup>) program<sup>®</sup>

## **Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**