

Object Assessment - Weight

The Transferring Lifting Repositioning (TLR[®]) program[®] includes three areas of assessment:

1. self
2. environment
3. client/object

Assessing the object is completed for two main purposes. It enables you to:

1. identify and eliminate or manage the risks present in the object
2. ensure that the moving technique is appropriate for the object

An object assessment identifies risks in the following variables:

- | | |
|--|------------------------|
| ▪ size/shape/position | ▪ frequency/repetition |
| ▪ weight | ▪ handles |
| ▪ texture | ▪ balance |
| ▪ content | ▪ temperature |
| ▪ vertical/horizontal distance to be moved | |

If an object is too heavy to manually lift safely, consider reducing it to a manageable and safe size, use equipment or ask for help.

The following are some examples of making safe choices and managing risks in an object:

- a box of 12 two-litre bottles of saline is very heavy. Just because it is shipped to you in one box, this does not mean you have to manually lift the entire box. Don't carry the full box to save time or get the work done faster - break down the move and carry one or two bottles at a time instead of lifting and carrying the full box.
- a pail of ice can be considerably heavy. Don't fill the pail to the top - fill the pail one third or half full and make a few additional trips to complete the task. This is a safer way of doing the task.
- a laundry bag that is overfilled can be extremely heavy. Just because the laundry bag is big and can hold a lot of items does not mean you have to fill it to capacity. Fill the bag to a manageable weight; make a safe choice.

Think of other objects that you move - what can you do to manage or eliminate the risks and make the moving task safer?

When preparing to manually lift an object, always assess yourself first.

1. Ensure the pathway is visible and clear of any obstacles.
2. Assume an appropriate stance, prepare for the move, position the object as close to you as possible.
3. Bend at your knees and hips, keep your head and trunk aligned, maintain the gentle 'S' curve of the spine and tighten your abdominal muscles.
4. Grasp the object with a firm, safe and effective grip.
5. Complete the move and evaluate. Communicate/document the moving technique if necessary.

Safety Talk Discussion

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