

TLR Safe Work Practice - General Moving**TLR Safe Work Practice - General Moving**

Injuries may be eliminated or managed by ensuring the following:

- adequate training on the use of equipment
- application of the principles of safe body mechanics. For example, the worker:
 - considers eliminating or managing any significant difference of height/weight in relation to other workers.
 - moves their body in the direction of the move without rotating or twisting the spine.
 - maintains a neutral 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 and assists with momentum to perform the move.
 - works with gravity, always.
 - uses appropriate equipment and adjusts it as needed.
- application of the principles of ergonomics. For example:
 - mechanize whenever possible by securing equipment, such as rollers, anti-friction devices, automated cart movers.
 - utilize adjustable working surfaces, chairs, etc., whenever possible.
 - consider the need for assistance from another worker.
 - utilize pre-work warm-up activities, micro breaks.
 - manual lifting should only be the last consideration to move an object.
 - pushing an object is safer than pulling it - pulling or rolling an object is safer than lifting.
 - order items in manageable sizes; decase, decant - lighten the load whenever possible.

If two or more workers are performing a moving task, utilize the count process of “1-2-3 command”. The count consists of “1-2-3” followed by an appropriate command. It is important that all workers understand that the move occurs **on the appropriate command word** and not on the count of 3. The count ensures that the movements of the worker and assistant/co-worker(s) are coordinated.

As equipment evolves, checking with equipment vendors may prove beneficial. A review, evaluation or *testing* of equipment prior to purchase is recommended.

Risk factors that cannot be eliminated or managed have the potential to jeopardize the safety of the moving task. If all risks cannot be eliminated or managed, the worker would follow their appropriate reporting process; also refer to the *TLR Safe Work Practice - Problem-Solving Risk Factors*. The safe temporary technique may be determined and used until a more permanent solution (e.g., through an ergonomic assessment) can be determined, communicated and any necessary training/education completed.

Identify and schedule tasks where workers can safely work alone and those tasks where a team approach is safest.

Refer to the TLR User Manual, Module 3, for more information on TLR standard object moving techniques.

Safety Talk Discussion

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