

Be A Smooth Mover

How can you be a smooth mover?

When appropriately lifting a manageable object, your safe choice is to move in a smooth and controlled movement. When you are a smooth mover your body muscles are contracted and controlled which makes them more accepting of the manageable load that you are going to lift or carry. You are less likely to be injured.

Your strong, long thigh muscles are designed to move the weight of your body. These muscles are used for such actions as standing, lifting, running, jumping and climbing the stairs.

Your short back muscles are designed to keep your spine in an upright position. Your spine is not designed to lift loads.

Transfer your weight from one leg to the other to move an object. Avoid bending, straightening or twisting from the waist.

Move all objects and materials in a slow and controlled manner. Musculoskeletal injuries typically occur as a result of movement involving acceleration (speeding up) or sudden deceleration (slowing down).

Avoid reaching and lifting above your shoulders as this raises your centre of gravity and makes your balance less stable. Reaching forward across a bed or table, while bending at the waist, can create a force of up to ten times the actual load - and this is likely to cause you injury.

Push a manageable object and use your body weight. Pulling an object can compromise good posture.

Do not push one object while pulling another - such as carts or laundry hampers. The safe choice is to make two trips. If you push and pull, you will be twisting your spine and an injury will happen.

Follow your toes....keep your feet pointed in the direction you are going. Always move so that your shoulders, hips and feet are facing and moving in the same direction. Twisting your body forces it to face in a different direction than your feet.

Bend with your knees and use your strong leg muscles to perform the action - this is a safer choice.

Do not attempt to catch a falling load. Even though it may be human nature to want to stop a fall or to catch something before it hits the floor, you are interfering with gravity when the object is in the process of falling. You could very likely be injured either from your rapid movement or by the item that is falling.

source: Safe Moving and Repositioning Techniques (SMART[®]) program[©]

Safety Talk Discussion

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