

Self-Assessment - Body Mechanics

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

- 1. self
- 2. environment
- 3. client/object

Assessing yourself is completed for three main purposes. It enables you to:

- 1. evaluate whether you can safely perform the moving task
- 2. identify and eliminate or manage any personal risks
- 3. ensure that the moving technique is appropriate for you

Focus on using proper body mechanics. In TLR, this is assessing your physical status.

Do you need to improve the use of good body mechanics?

Go through the following **Checkpoints to Good Body Mechanics**:

For the Top: ears over shoulders; shoulders over hips	This position minimizes the strain on your back and allows your body and muscles to work from a position of maximum strength.
For the Bottom: bend at your knees and at the hips, stick your bottom out and tighten your tummy	
Elbows Tucked In: close to your sides	This assists in stabilizing the trunk, encouraging movements to be lower-body based.
Safe Effective Grip: palms up	This position puts your wrists in a neutral position. When you grasp an object, do it with your whole hand and not just your fingers and thumb.
Comfort Zone: this is the area between your shoulders and your hips	All movements to lift and reposition objects should occur within this area so that there is less stress on your body.
Weight Transfer: front to back; side to side	Use your own body weight to create movement/momentum.



Safety Talk Discussion

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