

# PRINCIPLES OF SAFE LIFTING

FOLLOW S.A.F.E 3-CHECKS

## Scan

- *Check area and equipment*
- *Assess resident*
- *Are there hazards?*
- *Do you need assistance?*

## Adjust

- *Change body position*
- *Remove clutter; have enough space*
- *Have equipment ready*
- *Get assistance, if needed*

## Follow through

- *Big Jobs = Big Muscles*
- *Get into the POWER POSITION*
- *Lift with your legs*



1. *What is my head doing? Keep head neutral*
2. *Where are my arms? Elbows tucked to sides*
3. *Where are my legs? Bent knees, wide stance*

## Evaluate

- *How am I feeling?*
- *Do I need to report?*
- *Was there anything to improve?*



Scan for more resources



Continuing Care  
Safety Association