

PATIENT LIFTING TIPS TO AVOID INJURIES

1

**LIFT WITH YOUR LEGS,
NEVER YOUR BACK**



2

**KEEP YOUR FEET APART FOR
BETTER BALANCE**

3

**WORK AS A TEAM AND
COUNT TO THREE BEFORE
YOU LIFT**



4

**HOLD THE PATIENT'S
WEIGHT CLOSE TO YOUR
BODY TO UTILISE BIGGER
MUSCLE GROUPS**

5

**HOLD THE PATIENT'S HIPS,
NOT THEIR ARMS**



6

**STAND STRAIGHT & DON'T
TWIST**

7

TAKE IT SLOW!



Active Mobility

Manual Handling Safety Age Care Pictures

SB Merriam



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