



PARTNERING WITH TOWNSHIPS

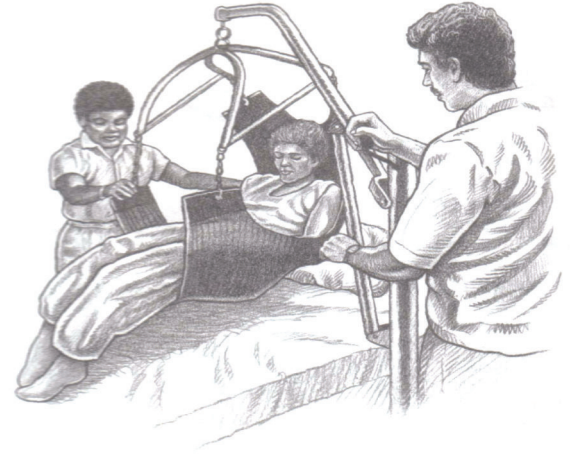
TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## THINK. *Before You Lift*

**Do you have a firm footing and a clear path? Is the resident safe to lift alone?**

Does the resident require a one person transfer, two person transfer, or mechanical lift? Ask a co-worker for help or get mechanical lift to assist with the lift/transfer.



### Lifting or Transferring a Resident

**1. Tuck your pelvis** by tightening your stomach muscles, to keep your back aligned. Keep your feet shoulder-width apart.

**2. Bend your knees** to let your legs do the lifting. Be sure to maintain the natural curve of your back.



**3. Stay close to the resident** to minimize the stress on your back. Be sure to use a gait belt.

**4. Avoid Twisting** by pointing your feet, knees and chest in the same direction. Lift the resident and then turn your whole body.

**For more information, contact your Loss Control Consultant at (888) 562-7861**

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7