



SAFETY ALERT!

An early childhood worker was recently injured while moving furniture for carpet cleaning.

Take five seconds! Think about the task ahead. Before you lift something, ask yourself these questions:

- How heavy is the load?
- Will it be awkward to control?
- Should I ask for help?
- Does it have sharp edges?
- Will it be slippery or awkward to lift?
- Is my pathway clear?
- Will I be able to see where I am going?
- Is there a safe way to grip the load?
- Do I have appropriate shoes on?



Body mechanics are very important.

- Keep your feet:
 - Always covered with closed toe shoes. No open toed shoes should be worn.
 - Close to the object.
 - Shoulder-width apart for good balance.
 - One foot slightly ahead of the other to help keep your center of gravity under control.
- Bend your knees and use your thighs – the largest muscles in your body – to assist you.
- Keep your back as straight and vertical as possible.
- Lift as you straighten your legs.
- Keep the load close to your body. The further the load is from your body the more force is placed on your back.



Think first - take five seconds – what's the safest way to do the job?