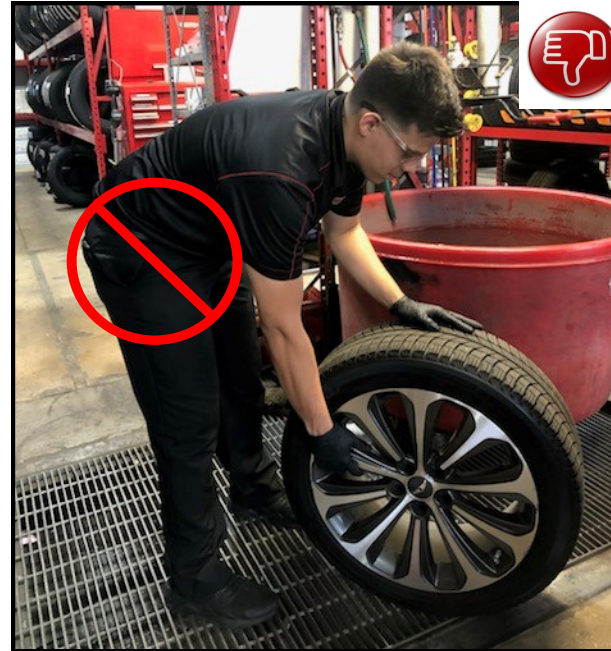


OBSERVE AND COACH

ASSEMBLY LIFT INTO DUNK TANK

Employee lifts assembly into dunk tank using proper body mechanics (Lifts with legs, not with back and holds assembly close to body).



| | SAFE | AT RISK |
|----|------|---------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

For each **SAFE** observation

1. Praise the employee for using proper body mechanics
2. Remind the employee about the benefits of using proper body mechanics when lifting
 - ! Less stress on the back and knees
 - ! Prevents back injuries
 - ! Reduces fatigue

For each **AT RISK** observation

1. Use the information below to help coach the employee:
 - ! Bend at the knees and hold the assembly close to the body. Tighten stomach muscles during the lift. **Do not twist. If help is needed, don't hesitate to ask for it.**
 - ! Leg muscles are much stronger than back muscles. Let your strength work
 - ! A typical back injury costs **\$5,961** and results in time away from work.