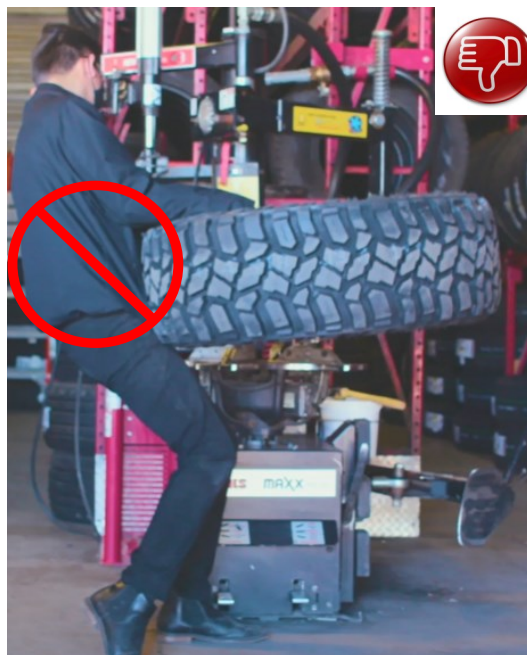
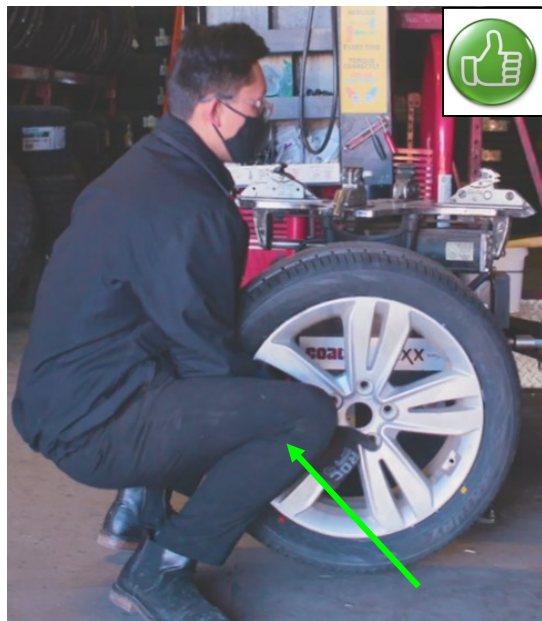


OBSERVE AND COACH

ASSEMBLY LIFT TO CHANGER

Employee lifts assembly up onto changer 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		
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8		
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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.

in your favor