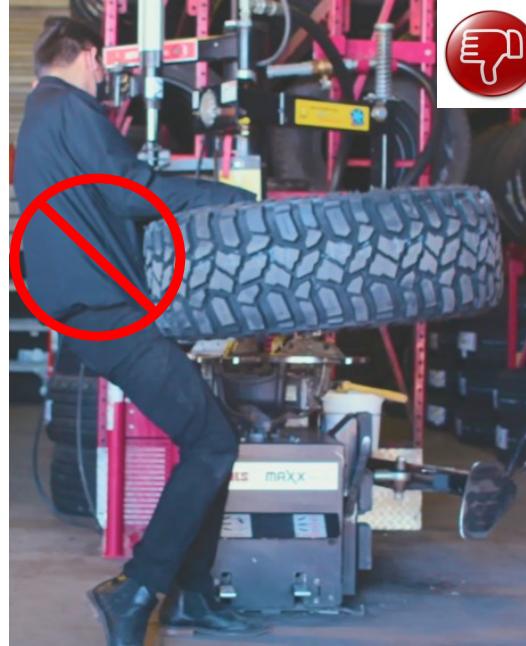
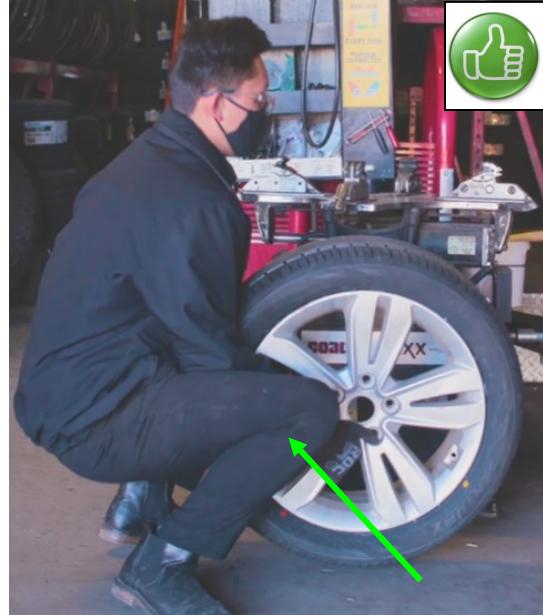


# OBserve AND COACH

## 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		
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 in your favor
  - ! A typical back injury costs **\$5,961** and results in time away from work.