



Best Performance Systems develops customized systems that Improve Productivity & Reduce Injuries 50-90%. Please contact us at www.bestperformancesystems.com or 888-306-0002 to discuss how your company may benefit.

Moving Large, Heavy or Awkward Items

The goal of this review is to help you to be more efficient & productive, make work easier, feel better & prevent injuries.

1. Where do you do this at work?

Moving Beds, Armoires, Dressers, Cots. Sofas, Carts

2. Where do you do this at home?

3. Describe & demonstrate several ways to do this task correctly & efficiently.

LARGE OR HEAVY FURNITURE

- Position your body so power is from arms & legs, not your back.
- Move in a series of small movements, repositioning each time to use leg power. When you push, have one leg back to provide power.
- Push with your back against the wall for leverage when possible.
- It is always safer to push than pull.

CART

- It takes more force to start a cart moving than to keep it moving.
- Pull cart - Lean back with staggered stance, forward leg is for power, back leg is for stability. Pull with arms & legs, not back. More upright once it is moving.
- Changing Direction - Push from the side with power from arms & legs.
- Push cart - Lean, "line up" back and legs. More upright once it is moving.

4. What tools & equipment will make this job easier & correct?

- Use a dolly when possible
- If too difficult, ask someone to help you. If 2 associates work together, communicate before you lift:
 - When you will lift
 - Path you will take
 - Where and how you will set it down.

5. What job conditioning movements would you do to warm up for this task or to reduce the stress of doing this job?

- Back Extension
- Quad stretch-to make your legs feel stronger
- Chest stretch or Shoulder rolls