

## Lift of the Day

### Instructions

Choose one lift at your site and review how to properly use it. Use the guiding questions to help you generate a conversation about avoiding musculoskeletal injury.

### After this huddle

Staff should know how to:

- Inspect the lift and sling for wear.
- Use lift equipment properly.
- Employ good body mechanics.

### Notes to the huddle leader

- A lift is intended to prevent injury to both the person in care and the care worker.
- Emphasize the importance of using proper body mechanics when using a lift, to further reduce risk of musculoskeletal injury.



### Guiding questions

- What do you need to do before using this lift?
- While using a lift, what should you be doing to reduce your risk of musculoskeletal injury?
- What should you do if you find that the lift you are using no longer suits the mobility needs of a person in care?
- Where and how should the lift be stored?

Date: \_\_\_\_\_

## Attendance:

[illegible][illegible]

**SafeCare BC**