
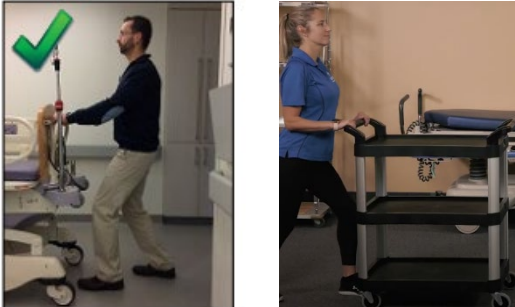








# Safety Talk!

**Pushing and pulling is an important skill. Here are some tips to reduce your risk of injury when moving patients or equipment**

Common Hazards <b>DON'T</b>	Recommendations <b>DO</b>
<p><b>DON'T</b> Bend your wrists</p> 	<p><b>DO</b> Keep your wrists straight</p> 
<p><b>DON'T</b> Push/pull with arm(s) out stretched</p> 	<p><b>DO</b> Keep your arms close by your side</p> 
<p><b>DON'T</b> Use a narrow stance (feet close together)</p> 	<p><b>DO</b> Use a wide stance</p> 

**To reduce the risk of injury, consider the following:**

- Ask for help if the weight is too heavy or awkward
- Ensure equipment is functioning appropriately
- Use good body mechanics (i.e. wide stance, hips and knees bent, back straight, elbows close to the body, wrists straight)
- Push the object by weight shifting through your legs
- Use two hands whenever possible and push from behind

**For more information please contact**  
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