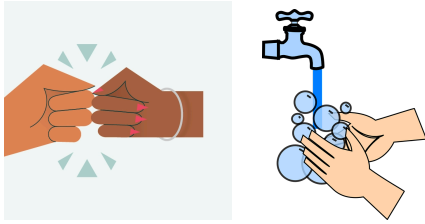


## Five Key Actions of Safe Handling

Remember these principles:

### 1. Universal precautions:



### 2. Dress for success:

- Pull back hair to a ponytail, wear baseball style hats
- Minimize jewelry (studded earrings rather than hoops, avoid neckwear, wear breakaway lanyards)
- Layer clothing (camisoles, undershirts)
- Wear long sleeves and long pants
- Wear closed-toed shoes

### 3. Use good body mechanics

- Check the weight of an object before you try to lift it. If you can not push it with your foot, get help.
- Bring your center of gravity as close to the object as possible before lifting
- Use your legs to lift. Keep your back in neutral.
- Keep the object close to your center of gravity.
- Limit rotation of the spine by shuffling your feet.

### 4. Communicate before, during and after the lift

**Compliment** - "Thank you for protecting us"

**Practice** "What do we do when?"

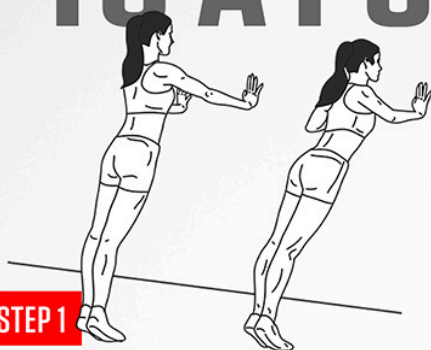
**Feedback** "I see a risk. Let's plan."

## Five Key Actions of Safe Handling

### 5. Strengthen the core

# HOW TO BUILD UP TO A PUSH-UP

BY DAREBEE  
@darebee.com

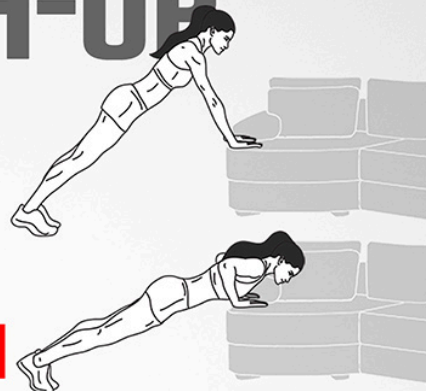


**STEP 1**

#### Wall Push-Ups

Stand with your feet together ~1-2 feet from a wall. Place your hands flat on the wall at the level of your shoulders.

Bend your arms at the elbows to lower your body toward the wall until your head touches the wall. Raise your body back up by straightening your arms. Can do >10 wall push-ups? Move on to step 2

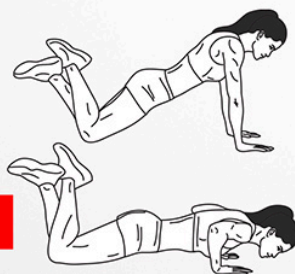


**STEP 2**

#### Incline Push-Ups

Stand facing an elevated platform. Place hands on edge, slightly wider than shoulder width. Position your feet together with arms and body straight. Arms should be perpendicular to your body. Push your body up until arms are extended.

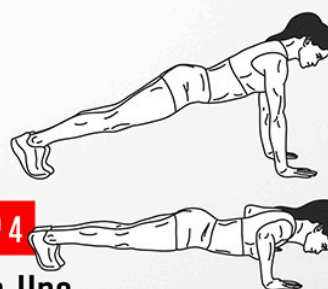
Can do >10 incline push-ups? Move on to step 3



**STEP 3**

#### Knee Push-Ups

Bend knees and raise body up off the floor by extending your arms. Keeping your body straight and knees bent, lower your body to the floor by bending your arms. Push your body up until your arms are extended. Repeat. Can do 10 knee push-ups? Try push-ups.



**STEP 4**

#### Push-Ups

Position your body with your arms straight out, shoulder width apart, abs tight, holding your body in a plank position. Lower your body until your chest is an inch or two above the floor, elbows pulling back at roughly a 45 degree angle. Push your torso away from the ground until your arms lock, then repeat.