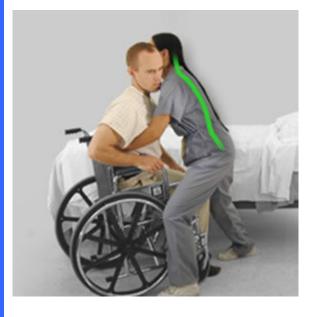
## Resident Lifting





## **Preparing Lift**

- ➤ Think before acting- assess mental state and physical capabilities!
- ➤ Ask resident for assistance and provide instruction!
- > Team work- acquire help from a co-worker worker!



## **Conducting Lift**

- Stay close to the resident!
- Keep back straight and lift with your legs!
- Never twist your back, change directions with your legs!
- Use lift assist aid device!



Member Argo Group

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