

# ALL THE RIGHT MOVES

## MATERIAL HANDLING PARTICIPANT EVALUATION

Name \_\_\_\_\_ Date \_\_\_\_\_

Nursing Home \_\_\_\_\_

Initial Training \_\_\_\_\_ Refresher \_\_\_\_\_ Post Injury Evaluation \_\_\_\_\_

Technique	YES	NO
<p><b>Golfer's Tip</b>                      Use your free hand to hold on to a structure for upper body support during a lift                      Firm up your core                      Slightly bend your knee of your supporting leg and raise your other leg straight out behind you as you lean back to pick-up the object bending at the hip.                      Grasp the object firmly, push down on the fixed surface as you lower your back leg and return your upper body to an upright position.</p>		
<p><b>One Handed Partial Squat Lift</b>                      Stand with the object close to your side                      Firm up your core                      Push your buttocks out and squat back and grasp the object                      Extend your legs to stand                      Hold your free arm away from your body to counterbalance the weight                      Take small walking steps and maintain a straight back.</p>		
<p><b>One Handed Partial Lunge</b>                      Stand with the object close to your side                      Place your feet shoulder width apart on leg slightly ahead of the other                      Place one hand on a fixed surface or your thigh for support                      Firm up your core                      Push your buttocks out and squat back and slowly lower yourself to the object handle.                      Grasp the object &amp; look forward, head aligned with your back.                      For support, as you lift, push down on the surface or thigh                      Lift upwards by extending your legs to stand gently pushing your hips forward</p>		
<p><b>Power/Squat Lift</b>                      Face the object                      Form a wide stance positioning the object between your knees                      Firm up your core                      Push your buttocks out and squat back and bend your hips and knees to lower yourself down to the object.                      With your elbows close to your body and your arms between your knees                      Grasp the object &amp; look forward, head aligned with your back.                      Rise up by pulling the hips forward and straightening the legs to lift.</p>		
<p><b>Tripod/Lunge Lift</b>                      Place one foot to the side of the object                      Firm up your core                      Push your buttocks out and squat back and slowly lower yourself down to one knee.                      Position the object close to the knee on the ground                      Grasp the object firmly with both hands.                      Pull the object to mid thigh and then lift it up to the opposite thigh.                      If possible, put both forearms under the object with your palms facing upwards and hug the object into your stomach and chest.                      Prepare for the lift                      Look forward, head aligned with your back                      Lift upward by extending your legs and making sure to maintain a neutral spine.</p>		

<p><b>Push/Pull Cart</b>          Proper body alignment          Feet hip width apart          Use legs and body weight to move smoothly/slow down gradually          Pull; once you start, take small steps backwards          Do not twist at the hips, no sudden jerks</p>		
<p><b>Surface to Surface</b>          Ensure pathway is clear and face the load with proper body alignment          Prepare for weight transfer, bring the load as close to you as possible          Bend slightly at knees and hips, keep head and trunk aligned, tighten abdominal muscles          Grasp the load with a firm, safe, effective grip.          Reposition the weight using weight transfer while keeping the object close, move legs and do not twist body.</p>		

**Areas to Watch**

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**Areas Well Done**

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**Evaluation Comments**

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**Passed Course** \_\_\_\_\_ **Recommend Retraining** \_\_\_\_\_ **Other** \_\_\_\_\_

**Instructor(s) Signature** \_\_\_\_\_ **Date** \_\_\_\_\_