

Powerful Posture: Boosting using Slider Sheets



Steady Stance:

Wide base of support with feet shoulder width apart stance.

One worker is positioned on each side of the bed.



Neutral Spine:

Ears, shoulders and hips are aligned.

Minimize Twisting:

The face and feet are always pointed in the same direction.

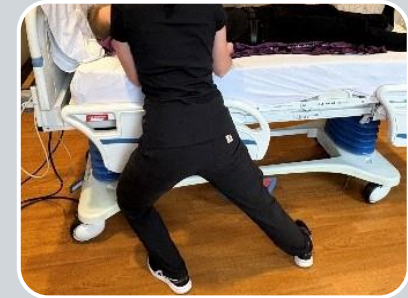


Strong Grip:

Palms up grip is used to hold the top slider sheet.

Keep the Load Close:

Elbows are kept close to the trunk.



Bend at the Hips & Knees:

Engage strong leg muscles. Legs power the move with a sideways weight shift.

Keep the Core Strong:

Abdominal muscles are engaged.