

## Repositioning Objects Safe Work Procedure

**Issue Date:** May 25, 2026

**Last Review Date:** \_\_\_\_\_

**Reviewed By:** \_\_\_\_\_

### Overview:

- Object repositioning occurs when an object is moved to a different position on a surface by a worker. The worker slides the object on the surface to move it with the surface supporting the weight of the object.
- This technique can be used rather than lifting the object if the object only needs to be moved to a different position on a surface. This technique can also be used to move an object closer to the worker so that it is closer to them before lifting it using safe body mechanics.

### Risk Factors:

Moving objects incorrectly or without using safe body mechanics presents risk of musculoskeletal injury to workers.

### Procedure:

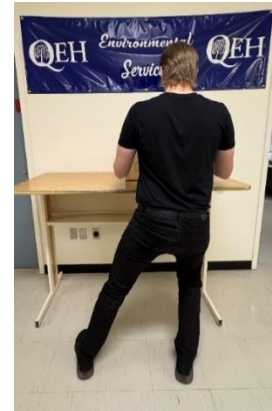
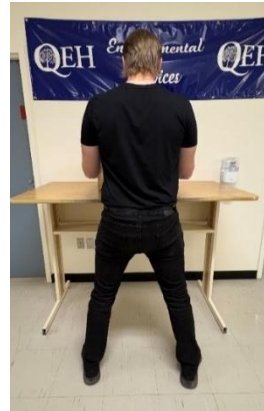
1. Position yourself close to the surface that the object is to be repositioned on.
2. If the object will be repositioned to one side, position the feet in a stance with the feet shoulder width apart. If the object will be repositioned forward or backward, position the feet in a staggered stance.
3. Maintain a neutral spine position with the ears, shoulders and hips aligned.
4. Grip the sides of the object with a neutral grip. Keep the elbows near the trunk.
5. Bend at the hips and knees to engage the leg muscles. Tighten the core muscles.
6. Complete a weight shift using the legs to reposition the object. The arms will provide guidance and stabilization only during the repositioning.
  - To reposition the object to one side, complete a sideways weight shift.
  - To reposition the object forward, complete a forward weight shift.
  - To reposition the object backward, complete a backward weight shift.

## Repositioning Sideways

*Side View*



*Back view*



## Repositioning Forward



## Repositioning Backward

