

# Mechanical Lifts



Staggered Stance



Pull, Don't Lift



Hold a Neutral Pose

Kindness in Motion means **safety** at every step.

Always keep Safe Patient Handling and Mobility techniques in mind when moving anyone. Refer to United Heartland's "Kindness in Motion" DVD for a refresher on best safety practices or contact your loss control representative.

UnitedHeartland.com  
1-800-258-2667

**UH** UnitedHeartland

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