

# Strains & Sprains



Apply the *two-person* lift rule if you can't safely lift a resident yourself.

Avoid **twisting** or leaning sideways.

Lift with your **legs** — not with your back.

Bend at your **knees** — not at your back.

Maintain **stable** footing and move smoothly.

Ensure there is enough room to move without needing to **maneuver** around obstacles during the lift.

Keep your back **straight** but not vertical, tucking in your chin to achieve the correct angle.