PREPARED

CHECKLIST

P: PRE-SHIFT WARM UPS

A proper warm up utilizes dynamic and static exercises as well as proper participation, knowledge of the exercise and enthusiasm for the program.

R: RECOGNIZE YOUR HAZARDS

Hazards including slips, trips, & falls; mechanical failure, lighting, environmental conditions, situational awareness.

E: EVALUATE YOUR EQUIPMENT

Equipment maintained and positioned correctly, ergonomic considerations and best tool for the job.

P: PROPER LIFTING POSTURE

When lifting using correct posture, load close to body, minimizing lifts, using mechanical means when able.

A: ALIGN YOUR SHOULDERS, HIPS, & TOES

Square the body up to the task. Are tasks done in correct body alignment, avoiding twisting or pulling.

R: REMAIN IN THE GREEN ZONE

Tasks are done in zone from shoulders to hips and within 12 inches of the body.

E: ELBOWS IN & THUMBS UP FOR LIFTING

Tasks are done with elbows below shoulder height and thumbs in upright or neutral position.

D: DEBRIEF & RECUPERATE

Proper post work routine that involves hydration, stretching, proper nutrition and rest prior to the next work day.