

Transfers and handling

Set your feet first.

SPOT IT: Pause when you find yourself twisting your tinana (body) while holding weight during a transfer or reposition.

These are signals that you need to reposition your feet.

- 'I'm twisting instead of stepping...'
- 'I'll just reach from here...'
- 'This feels awkward or off balance...'

DO IT: Feet first.

Always:

- **Pause and set up the space** before you move.
- **Line up your feet** in line with the load.
- **Step or pivot** your feet as you move.
- **Keep your tinana (body) stacked and close** and let your legs do the work.

SAY IT: What you can say to others.

'Just one moment, I need to reposition my feet so I can do this safely.'



movewell

Transfers and handling

Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: