

Transfers and handling

Set your feet first.

The risk

Reaching or twisting while doing transfers, repositioning or handling can lead to injury.

How reaching and twisting leads to injury

When your feet stay planted and you twist or reach with your upper body it puts your tinana (body) under a load that it's not built to handle:

- The load shifts to your back, shoulders and wrists which aren't as strong as your legs and get injured more easily.
- Unpredictable movement, weight shift, or resistance from the person you are supporting can increase load on these body parts, causing injury.
- Small strains that you sometimes don't even notice can quickly turn into injuries when repeated across a shift.

How to prevent injury: set your feet first

To prevent injury when doing transfers and repositioning, it is important not to twist your tinana (body) when it is bearing a load:

- Pause and make sure you have space to move well. If you don't, set up your space.
- Line up your feet in line with the load.
- Step, pivot, or reposition your feet if you need to change direction during the transfer or move.
- Keep your tinana (body) straight and let the korikori (movement) happen through your legs.
- Even small foot movements create big safety gains.

If it isn't safe...

If you can't safely position your body to avoid twisting under load, **stop the task** and **escalate straight away**.

You'll be supported by your leader to rethink the approach or delay until the right help is available.

Reflection

Think of a time in your mahi (work) when you transferred or repositioned.

Did I feet move first?

What would I change next time to protect my tinana (body)?



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Resources

Move Well: Skills for kaimahi
elearning

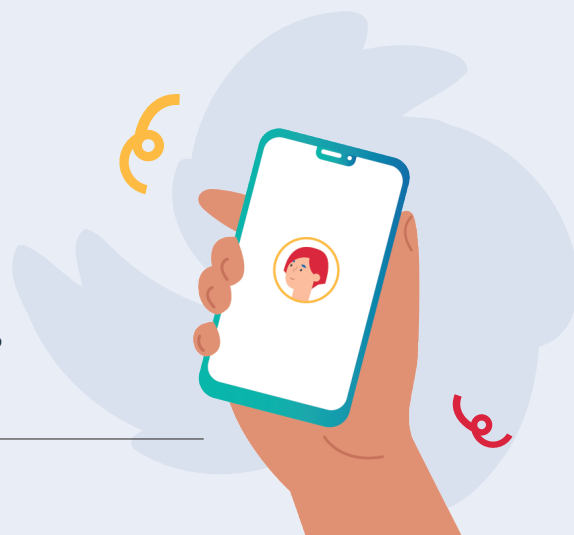
- Moving techniques
- Holistic wellbeing

Helplines

Emergency: 111

Healthline (NZ): 0800 611 116

**Employee Assistance
Programme (EAP):** _____



Where can I find the equipment I need?

(eg, hoists, bathroom aids, wheelchairs, vacuum cleaner)

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:

