

# TLR Matching

1. 1 OH&S Right as a worker
  2. Used for cueing, guiding & stabilizing
  3. Ensuring proper alignment of your body
  4. Neutral wrists, thumbs up or out
  5. Parallel or Stride
  6. Being confident & competent in your job duties
  7. S curve
  8. Muscle action without movement
  9. Keep the load close and use your big muscle groups
  10. Side to side - Front to back
  11. MSI
  12. Any factor that has the potential to jeopardize the safety of the move
  13. Considering the lighting in the room
  14. Assessing for risk thought the entire move
  15. Previous injury/illness/surgery
  16. Contents shift when carrying
  17. Choose this lift if object is small and on the floor
  18. Move when client can bear their own weight
  19. Example of a Logo
  20. Choose when moving client or object on the same surface
- A. Reposition
  - B. Self Risk
  - C. Neutral Spine
  - D. Safe Stance
  - E. Safe Body Mechanics
  - F. Transfer
  - G. Power Lift
  - H. Safe Effective Grip
  - I. Know
  - J. Static
  - K. Transfer Belt
  - L. Weight Transfer
  - M. Accountability
  - N. In the Moment Risk Assessment
  - O. Musculoskeletal Injury
  - P. Risk
  - Q. Golfer's Lift
  - R. Environment Assessment
  - S. Full Lift
  - T. Object Risk