Rockwood Casualty Insurance Company (Rockwood) may provide safety management services to its insureds in order to reduce the risk of loss that may lead to insurance claims. The information and advice we provide is not intended to include all possible safety measures and controls. Rockwood does not warrant that losses and claims will be avoided or mitigated if our recommendations are followed. The safety management services we provide do not relieve the insured of its own duties and obligations with regard to safety matters, nor does Rockwood guarantee to the insured or others that the insured’s property and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The insured remains responsible for its own operations, safety practices and procedures and should consult with legal counsel and safety professionals, of its own choosing, as it deems appropriate.

**Resident Lifting**

**Preparing Lift**

- Think before acting- assess mental state and physical capabilities!
- Ask resident for assistance and provide instruction!
- Team work- acquire help from a co-worker worker!

**Conducting Lift**

- Stay close to the resident!
- Keep back straight and lift with your legs!
- Never twist your back, change directions with your legs!
- Use lift assist aid device!

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