

AWARE  NS

Nova Scotia Health + Community Services Safety Association

Safe Handling + Mobility Program

STABLE

Principle

S

Maintain natural curves in your **SPINE**.

T

Avoid **TRUNK TWISTING**.

A

Keep your **ARMS** close to your body.

B

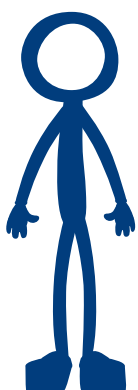
Maintain a wide **BASE OF SUPPORT**.

L

Let the **LEGS** do the work.

E

EVALUATE. Use **PACE** before you move.



PACE

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