

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**

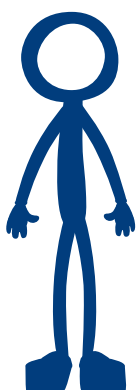
Maintain a wide **BASE OF SUPPORT**.

**L**

Let the **LEGS** do the work.

**E**

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



**PACE**

[awarens.ca](http://awarens.ca)

