



Observer:	Date:	
Target Behavior	Safe	At-Risk
load appropriate		
hold close		
use legs		
move feet—don't twist		
smooth motion—no jerks		
Comments (use back if necessary):		
% Safe Observations:		
$\frac{\text{Total Safe Observations}}{\text{Total Safe Observations} + \text{At-Risk Observations}} \times 100 = \text{_____} \%$		

Figure 3-12. A critical behavior checklist to increase safe lifting. *Source: Courtesy of Make-A-Difference, LLC*