**Student Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Description of Topic**

* When heavy objects need to be lifted, they should be done by forklifts, hoists, dollies, and other types of equipment. However, there are times that it is necessary to load or unloaded objects and materials by hand.
* One of the most common injuries that occurs in the workforce is to the back. It can range from a spasm or pulled muscle to a ruptured disk. An injury to the back can be minimized by using common sense by being in good physical shape to do lifting by using a back brace, and by using proper techniques. In this lab exercise, you will be required to demonstrate both proper and improper techniques of lifting a box off of ground level.

**Materials Required**

* Empty Box 2’x2’x3’ (high)
* Back Brace
* Cart with rollers (mechanical caddy)

**Objective**

* The student will demonstrate their knowledge on proper and improper techniques when lifting objects off a floor and moving heavy objects on a cart.

**Lab Assignment A**

* After attending a lecture on back safety or completing the reading assignment on their topic, you will be required to give a demonstration to your instructor that shows your knowledge about properly and improperly lifting techniques. Make sure you do the proper research on this topic and rehearse your presentation before making an appointment with your instructor. The presentation should include:
* Evaluating how heavy the object is.
* Determining the path on which you will carry the object
* Using an empty box, demonstrate the proper techniques of lifting and setting down the box
* Movements to avoid while the box is lifted
* How to move the box when it is on rollers.

**Grading Rubric**

Below is an example of a rubric to implement when evaluating the performance of individual students for each of the laboratory exercises.

|  | **Excellent** **5 pts** | **Good** **4 pts** | **Fair** **3 pts** | **Poor** **2 pts** | **Unacceptable** **1 pts** | **Grade Received** **(N/A)** |
| --- | --- | --- | --- | --- | --- | --- |
| **Ability to Follow Directions** | Excellent  Followed directions to the letter. | Good  Followed directions. | Fair  Moderately followed directions. | Poor  Did not follow directions. | Unacceptable  Did not appear concerned with directions. | Grade Received |
| **Demonstrated Knowledge of Tools** | Excellent  Student knows and is able to identify and explain necessary tools for completion of the project. | Good  Student is able to identify and explain necessary tools for completion of the project with some assistance. | Fair  Student is unable to identify or use tools without major prompting. | Poor  Student is not able to both identify and use tools. | Unacceptable  Student's use of tools posed a danger to self and others. | Grade Received |
| **Level of Needed Assistance** | Excellent  Student was able to complete the task without assistance. | Good  Student was able to complete the task with little assistance. | Fair  Student was able to complete the task with moderate assistance. | Poor  Student was unable to complete task  without major assistance. | Unacceptable  Student was unable to complete task with assistance. | Grade Received |
| **Student Preparedness** | Excellent  Student had/gathered all materials and was completely ready to go to work. | Good  Student had/gathered most materials and went to work. | Fair  Student had/gathered most materials, however, they needed excess time to do so. | Poor  Student did not have/gather some of the needed materials to perform work. | Unacceptable  Student did not have/gather the needed materials and was unable to perform work. | Grade Received |
| **Time Management** | Excellent  Routinely used time well throughout the project to get the job done on time. | Good  Used time fairly well throughout the project. | Fair  Procrastinated somewhat but did get the job done on time. | Poor  Was unable to adequately meet timeline due to inability. | Unacceptable  Did not meet timeline due to procrastination or wasting time. | Grade Received |

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