Biomechanical Instruction:
- Lifting Technique: One and two person cooler lifts/carry, kits, etc.
- Reaching Technique: Kits, crutches, coolers from shelves
  - Use step stools & have spotter
- Lifting and Carrying Spine Boarded Person
- Kneeling, Stooping, Rotating…removing athletes from the field

Test #1: Two Person 10 Gallon Cooler Carry for 50 Feet

RESULTS: No Problem__________ NO Second Attempt__________

Description of Difficulty:______________________________________

RETEST: YES_______ NO________ Date:________________________

ATC:__________________________________________________________

Test #2: One Person 5 Gallon Cooler Lift to Table and Back to Floor

RESULTS: No Problem__________ OK Second Attempt__________

Description of Difficulty:______________________________________

RETEST: YES_______ NO________ Date:________________________

ATC:__________________________________________________________

Test #3: Four Person Spine Board Lift and Carry from Ground

RESULTS: No Problem__________ OK Second Attempt__________

Description of Difficulty:______________________________________

RETEST: YES_______ NO________ Date:________________________

ATC:__________________________________________________________