

Date: _____

Candidate: _____

Starttime: _____

End time: _____

Performing the Power Lift

Objective: To demonstrate performing the power lift.

Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
Maintain a wide stance (place feet shoulder-width apart.)	1		
Bend knee and squat, keeping back straight and shoulders over the spine.	1		
Firmly grasp the item to be lifted with palms up (power grip).	1		
Keeping back straight and head up, looking forward.	1		
Straighten legs to lift the object.	1		

Must receive 4 out of 5 points.

Comments: _____

Evaluator: _____ NSPID: _____

PASS FAIL