

CHARLOTTE-MECKLENBURG SCHOOLS
Programs for Exceptional Children – Physical Therapy Services

Body Mechanics

_____ has received training in the following areas:
(Print Name)

- _____ Proper Lifting Techniques – Leaning to Use Good Body Mechanics
(Date/Instructor's Initials) (handout provided)
- _____ Techniques to assist students in/out of wheelchairs (transfers)
(Date/Instructor's Initials)
- _____ Techniques to assist students walking with gait devices, e.g.,
(Date/Instructor's Initials) walkers, crutches, etc. Type of device: _____
- _____ Techniques to assist students up/down bus steps
(Date/Instructor's Initials)

Congratulations on the completion of this training!

Participant's Signature _____ Date Training Completed _____

Physical Therapist's Signature _____

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_____ has successfully demonstrated the following:

_____ The correct technique for lifting (objects)
(Date)

_____ The correct techniques to assist a student with transfers, walking,
(Date) and/or other _____
(circle appropriate)

_____ The correct technique to assist a student up/down bus steps
(Date)

Physical Therapist's Signature _____

Physical Therapist's Contact Information: _____