



Lift Coach Games

The following microgames were developed to reinforce safer manual materials handling practices introduced through toolbox talks, training programs, and on-the-job instructions.

- *Lift Coach: Plan Your Route* is a puzzle game that engages players in planning how they will safely lift and move construction materials on a jobsite to avoid injury.
- *Coach: Plan Your Lift* is a game that engages players in using safer postures to lift and move an object.

Both games are part of CPWR-The Center for Construction Research and Training's *BEST BUILT PLANS: BUILD SAFETY INTO EVERY JOB* program which focuses on ways to prevent injuries from manually lifting and moving construction materials.

The flyer on the next page can be shared with your employees to give them easy access to the games. Both games can be downloaded for free.



Lift Coach Games

Do You Know How to Safely Move Materials? Play the Games to Find Out

Lift Coach: Plan Your Route – in this game players build up strain faster or slower depending on the decisions they make when planning how they will lift and move an object. Completing work involves moving the object from one part of the jobsite to another. Seems straightforward, but not if you don't plan ahead. Moving objects safely involves identifying when to use lifting equipment or get help from a co-worker, as well as identifying potential hazards along the route. As you advance through the game the size of the jobsite increases and becomes more complex.

¿Sabes Cómo Mover Materiales de Forma Segura?

Juega los Juegos para Descubrir

Entrenador de Levantamiento: Planifique Su Ruta — en este juego, los jugadores aumentan la tensión más rápido o más lento según las decisiones que toman al planear cómo levantarán y moverán un objeto. Completar el trabajo implica mover el objeto de una parte del sitio de trabajo a otra. Parece sencillo, pero no lo es si no planifica con anticipación. Mover objetos de manera segura implica identificar cuándo usar el equipo de elevación u obtener ayuda de un compañero de trabajo, así como identificar los peligros potenciales a lo largo de la ruta. A medida que avanzas en el juego, el tamaño del sitio de trabajo aumenta y se vuelve más complejo.

iTunes: <https://itunes.apple.com/us/app/lift-coach-plan-your-route/id1249442413?mt=8>

Amazon: <https://www.amazon.com/dp/B0769Z71JD/>

Google Play: <https://play.google.com/store/apps/details?id=com.simcoachgames.liftplanning>

Lift Coach: Plan Your Lift – in this game players correct the on-screen character in the act of lifting and moving an object. The goal is to avoid actions that can increase the risk of being hurt, such as lifting and moving in awkward postures, bending and twisting, and overreaching. The character starts off in a neutral posture, but will switch to ones that could result in unnecessary strain. It's up to you to notice and correct what the character is doing. You'll need to pay attention and react quickly to avoid building up too much strain and getting injured. Levels will get harder as you progress through the game.

Entrenador de Levantamiento: Planifique Su Levantamiento – en este juego, los jugadores corrigen el personaje en pantalla en el acto de levantar y mover un objeto. El objetivo es evitar acciones que puedan aumentar el riesgo de sufrir daños, como levantar y mover en posturas incómodas, doblarse y retorcerse, y excederse. El personaje comienza en una postura neutral, pero cambiará a unos que podrían provocar una tensión innecesaria. Depende de usted notar y corregir lo que el personaje está haciendo. Deberá prestar atención y reaccionar rápidamente para evitar acumular demasiada tensión y lesionarse. Los niveles se harán más difíciles a medida que avances en el juego.

iTunes: <https://itunes.apple.com/us/app/lift-coach-plan-your-lift/id1293760724?mt=8>

Amazon: <https://www.amazon.com/dp/B076FFL8CJ/>

Google Play: <https://play.google.com/store/apps/details?id=com.simcoachgames.liftcoach>