



**Elements Practical**

**DIRECTIONS:** Review the Elements video in HILT U. Mark whether the candidate completed the task correctly or incorrectly.

Task	Correct	Incorrect	Notes
Deployed the HILT.			
Identified the midpoint.			
(Backside) Described the alternating pattern of extenders and safety straps.			
(Backside) Identified the 1 <sup>st</sup> , 2 <sup>nd</sup> , and middle sets of extenders.			
(Backside) Identified the 1 <sup>st</sup> and 2 <sup>nd</sup> sets of safety straps.			
Identified low, medium, and high lift base handles.			
Identified the four extender tabs underneath high lift base handles.			
Identified five extender tabs along each side.			
Deployed an extender.			
Identified low and high lift extender handles.			
Correctly inserted hands into and grasped handles.			
Displayed correct lifting technique to minimize injury exposure to self.			
Identified four safety strap tabs along each side.			
Deployed a safety strap.			
Demonstrated how to fasten a safety strap.			
Stored extenders within sleeves.			

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Elements

Stored safety straps within sleeves.			
Rolled the HILT and stored it within its bag.			
Maintained a tight roll when rolling.			

Evaluator Name: \_\_\_\_\_

Date: \_\_\_\_\_