

# **BODY MECHANICS**

## **Principles of Good Body Mechanics**

- A. Keep shoulders in line with hips.
- B. Squat (bend at knees, not at back).
- C. Roll or slide object rather than lifting/carrying.
- D. Slide object on level surface.
- E. Remove the cause of friction.
- F. Get a good base of support.
  - 1. Feet staggered, one in front of the other and apart.
- G. Use good footing.
  - 1. Make sure floor is clear of dirt and spills.
  - 2. Wear sensible shoes.
- H. Easier and safer to push than to pull.
- I. Carry objects close to your body and at waist level.
- J. If shoulders cannot be aligned over hips, place weight bearing on other areas.
- K. Use body weight and momentum to help you.
- L. Get your center of gravity close to object's center of gravity.
- M. Lift with your legs, not your back, even for small things.
- N. Test weight and stability of objects.
- O. Face what you are moving, reaching, lifting, doing.
- P. Prepare yourself for a lift.
- Q. Breath out as you perform the hard part.
- R. Use two hands and get a firm grip.
- S. Maintain your body in balance.
- T. If you must pivot, pivot with your feet, not your body.
- U. Inspect the object for corners, nails, etc.
- V. NEVER JERK OR TWIST.
- W. When lifting heavy objects, if there's any doubt whether you can handle it, GET HELP. Organize technique for lifting; have one person call the shots.
- X. Don't stay in one position for long.

## **Lifting From Floor**

- A. Test weight of object.
- B. Stance – feet shoulder width apart.
- C. Bend at knees & hips, deep squat or power lift.
- D. Hold object close to body at waist level.
- E. Lift with legs keeping back straight.

KEY POINTS: get close to your work or find ways to get your work closer to you; use legs to lift, keeping back straight; PIVOT, don't twist; move with your work; be creative in applying good body mechanics to your everyday activities in work, play, and self-care!