

Basic Body Mechanics

- Have a solid base of support: feet shoulder width apart and staggered; standing on a firm surface that covers your whole foot area
- Minimize forward bending or reaching: keep your elbows within 4-6" of your torso; use long-handled devices
- Minimize twisting through your neck or trunk: position activities directly in front of your body; side step to access items in front of you
- Use your arms between shoulder and hip height: stand on a stool for reaches above shoulder level; squat, kneel or sit on a low surface for reaches below hip level
- When lifting or carrying: keep the load centered in the middle and close to your body; use surfaces to support the weight or objects and slide them vs. carry them
- Pushing is safer than pulling; pulling is safer than lifting; move your full body weight when pushing or pulling vs. using your arms alone
- Use larger, vs. smaller, groups of muscles because they are stronger and tire less easily