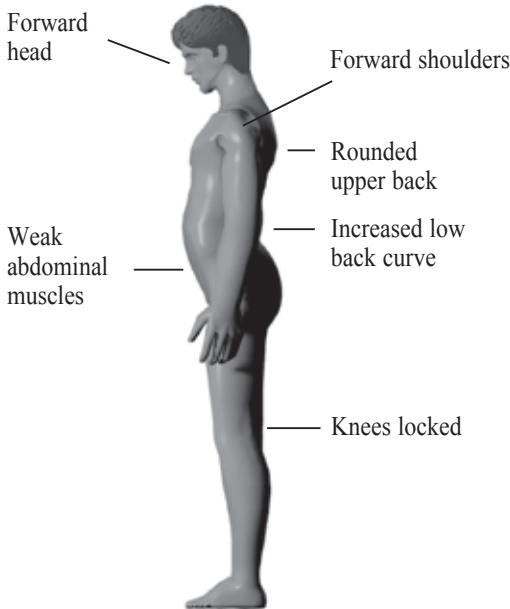
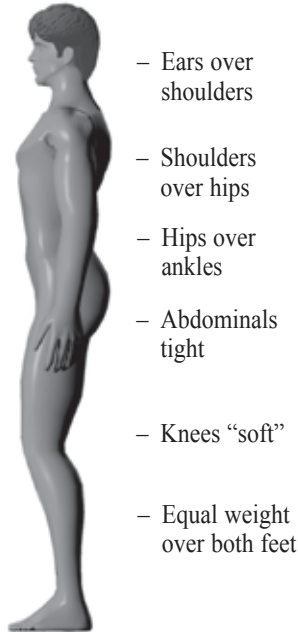


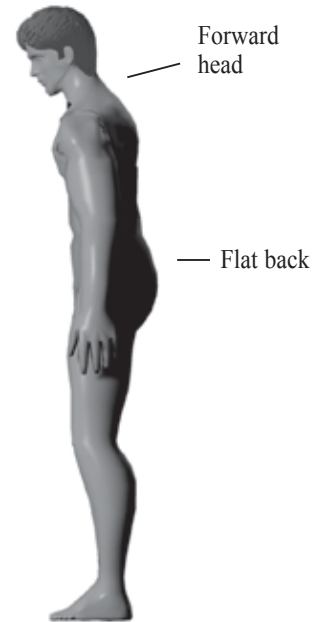
Posture and Body Mechanics



Poor Standing Posture

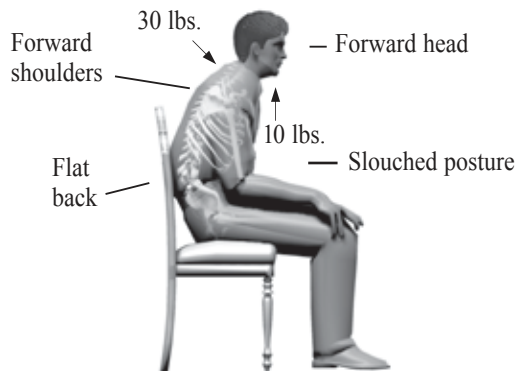


Good Standing Posture



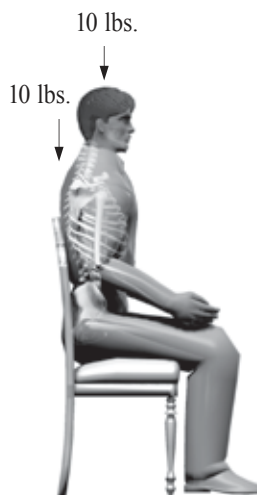
Poor Standing Posture

Poor Sitting Posture



- Head weighs approx. 10 to 13 lbs.
- Poor posture increases stressors on neck by 3X

Good Sitting Posture



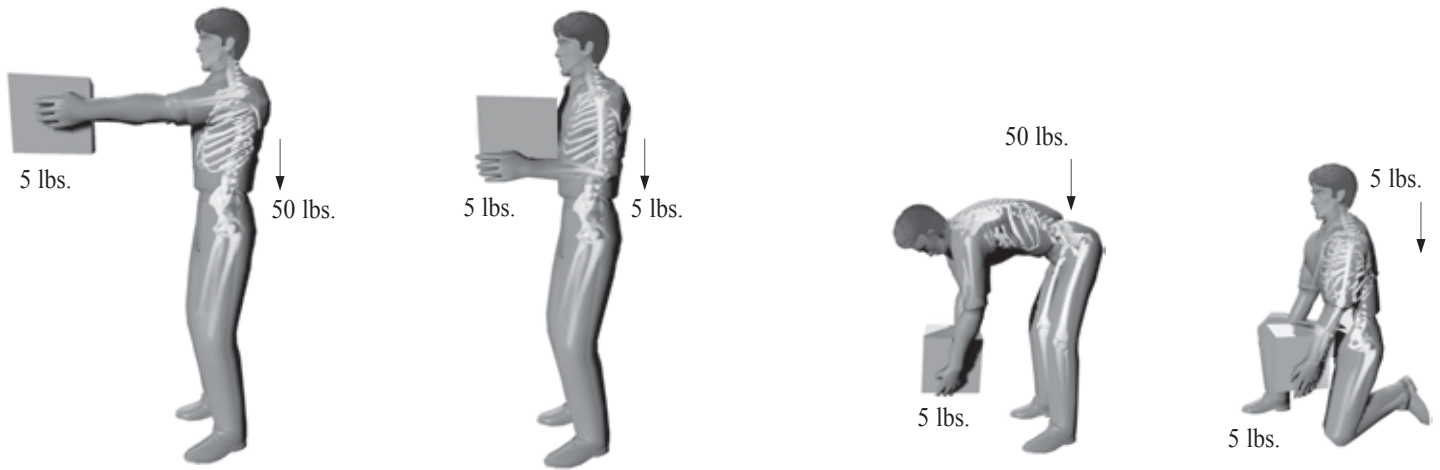
- Feet flat
- Knees in line with hips
- Ears over shoulders
- Lumbar cushion may be helpful
- Avoid crossing legs at knees

Proper Sit to Stand



- Maintain natural curves
- Avoid rolling knees in; align knees over second toe

Maintain Loads Close To Body



Loads will be 10x greater on the spine when held away from the body.

The Staggered Stance



- Head up
- Abdominals tight
- Maintain lumbar curve
- Squat with one foot ahead
- Front foot flat to maintain stability
- Hinge at hips

The Power Lift



- Squat with feet shoulder width apart
- Head up
- Abdominals tight
- Maintain lumbar curve
- Feet flat on floor
- Hinge at hips

Continued

The 1/2 Kneel Lift

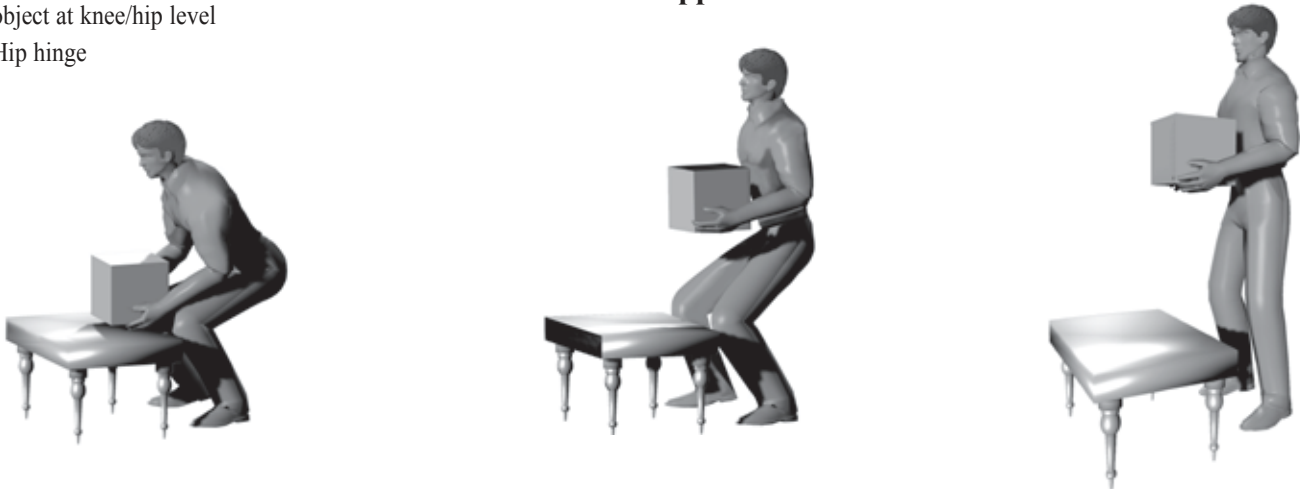
- Move load close to body
- Maintain natural curves
- Roll object to the thigh and lift



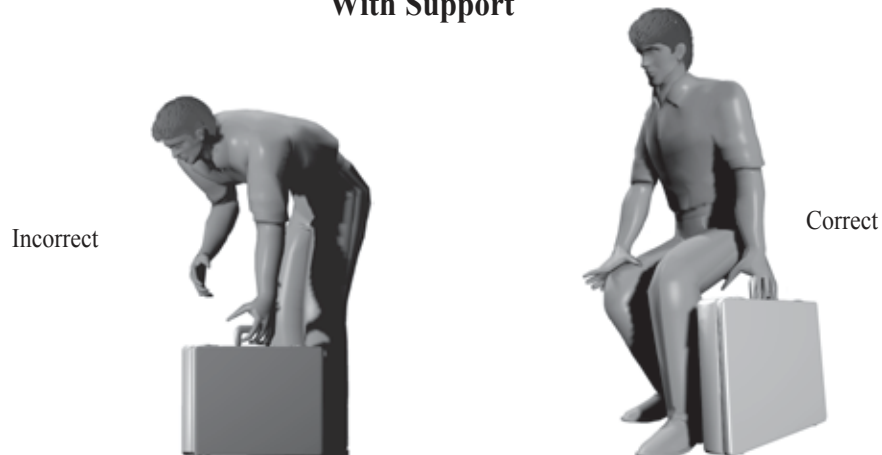
Partial Squat Lift

- Position feet shoulder width apart
- Maintain natural curves
- Reduce stress of load by placing object at knee/hip level
- Hip hinge

Without Support



With Support



Continued

Pushing



Pulling



- Maintain natural curves
- Pushing is easier than pulling
- Can turn palms up for pulling
- Keep loads close

Slide Loads Rather Than Lift



- Team work is important! Ask for assistance when the load gets too heavy
- Designate one person as the leader

Avoid Twisting – Pivot



- Face your work
- Keep loads close to body

Carrying



- Keep loads close to body
- Avoid hyperextension or flexion at the low back
- Avoid shrugging shoulders

The Golfer's Lift

Incorrect



Correct



- Maintain natural curves
- Support self with one arm on stable surface

Kneel When Working In A Low Position

Incorrect



Correct



Hip Hinge

Incorrect



Correct



- Bend at the hips, not the back

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.