Posture and Body Mechanics

**Poor Sitting Posture**
- Forward shoulders
- Rounded upper back
- Increased low back curve
- Knees locked
- Weak abdominal muscles
- Forward head

**Good Sitting Posture**
- Ears over shoulders
- Shoulders over hips
- Hips over ankles
- Abdominals tight
- Knees “soft”
- Equal weight over both feet

**Poor Standing Posture**
- Equal weight over both feet
- Knees “soft”
- Abdominals tight
- Hips over ankles
- Shoulders over hips
- Flat back

**Good Standing Posture**
- Ears over shoulders
- Shoulders over hips
- Hips over ankles
- Abdominals tight
- Knees “soft”
- Equal weight over both feet

**Proper Sit to Stand**
- Maintain natural curves
- Avoid rolling knees in; align knees over second toe
- Feet flat
- Knees in line with hips
- Lumbar cushion may be helpful
- Avoid crossing legs at knees

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

Incorrect

Correct
Pushing

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

Pulling

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

Slide Loads Rather Than Lift

- Face your work
- Keep loads close to body

Avoid Twisting – Pivot

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

Carrying
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

- Bend at the hips, not the back

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.