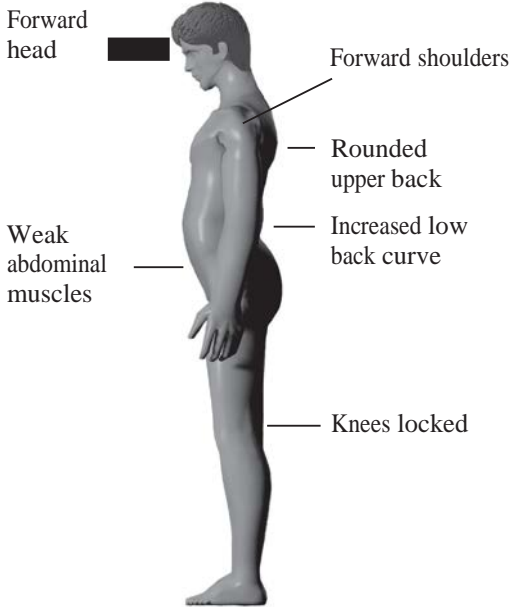
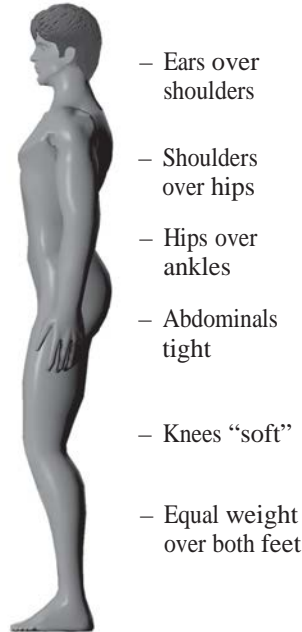


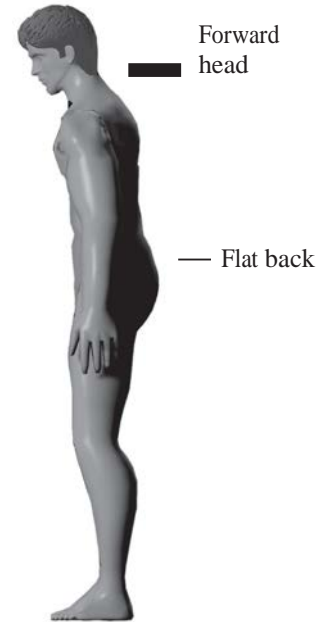
Posture and Body Mechanics



Poor Standing Posture

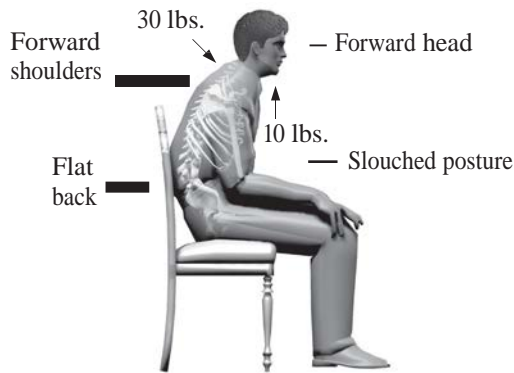


Good Standing Posture



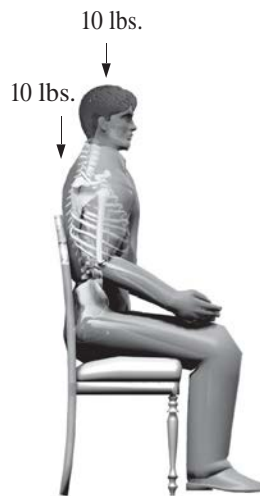
Poor Standing Posture

Poor Sitting Posture



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

Good Sitting Posture



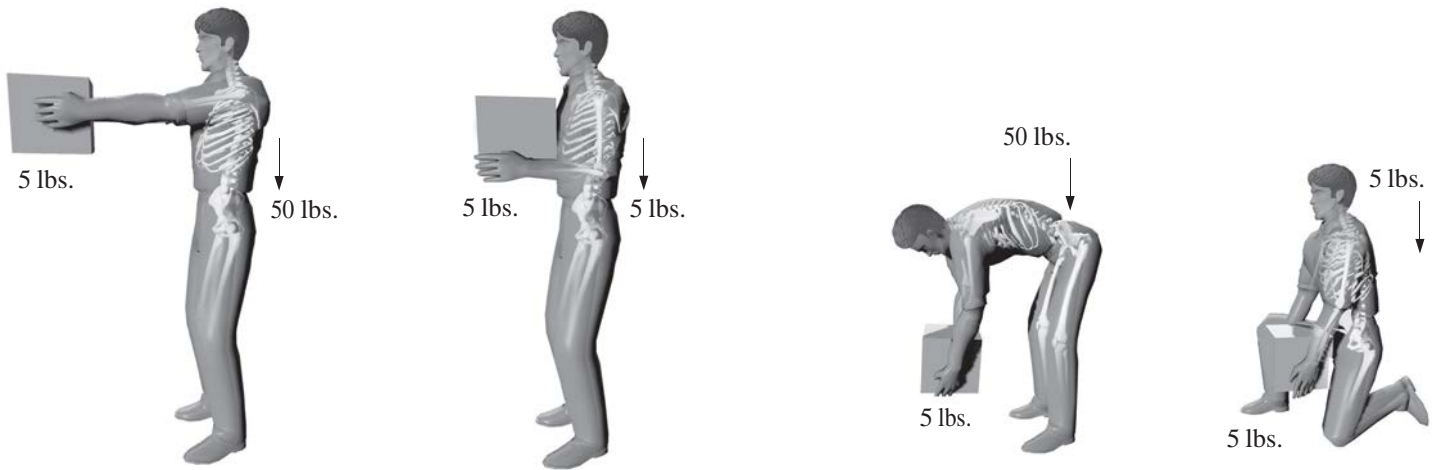
- Feet flat
- Knees in line with hips
- Ears over shoulders
- Lumbar cushion may be helpful
- Avoid crossing legs at knees

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

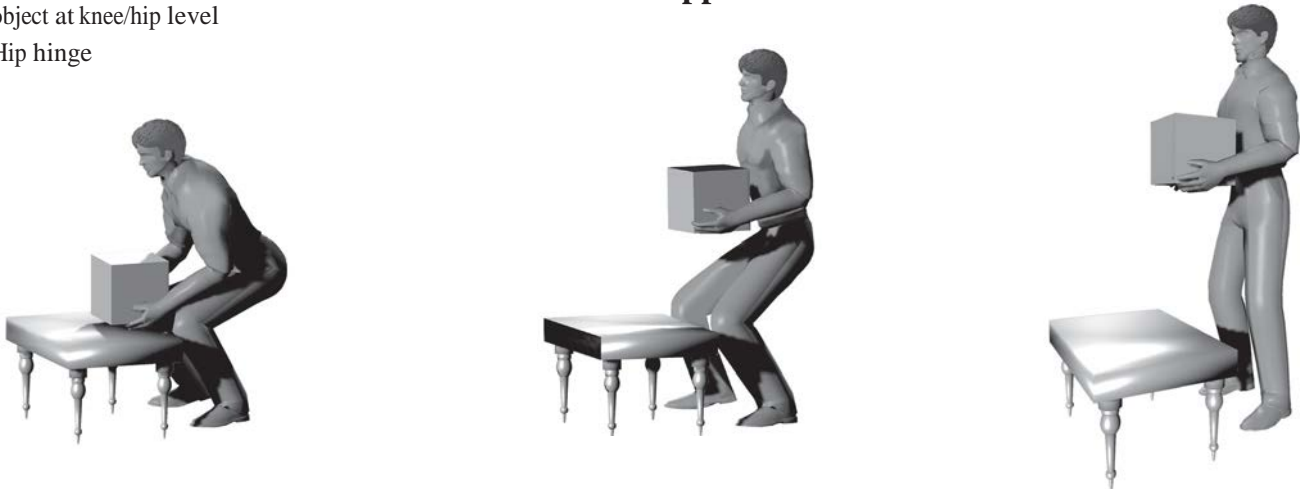
- Move load close to body
- Maintain natural curves
- Roll object to the thigh and lift



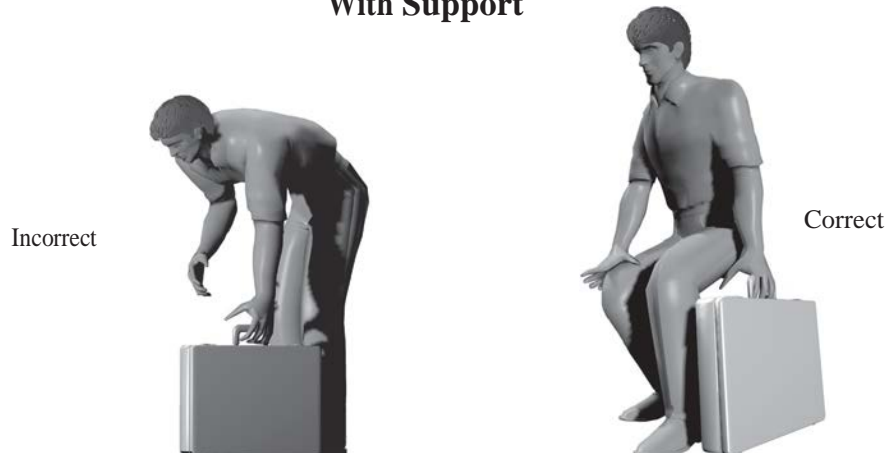
Partial Squat Lift

- 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

Continued

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