BODY MECHANICS

Body mechanics: The application of proper joint protection techniques in any activity, to prevent and or correct potential problems with posture.

Joint protection: The use of ergonomic techniques in everyday activities, changing work habits, using assistive devices, and modifying environments to avoid excess stress on the joints.

Proper lifting techniques:
- Be sure to know the weight of the load
- Keep the load close to the body
- Use both arms
- Bend the knees and hips
- Maintain the head and back in a neutral position
- Tighten abdominal muscles
- Maintain a wide stance

Proper reaching techniques:
- Test load before lifting
- Reach only as high as is comfortable
- Tighten abdominal muscles
- Use arms and legs
- Pivot, don’t twist

Proper pulling and pushing techniques:
- When possible, utilize a cart rather than carrying heavy items
- Whenever possible, push rather than pull
  + When pushing, hand and wrist height should be between the elbow and hip
  + When pulling, hand and wrist height should be between the hip and knee
- Push with legs
- Remain close to the load
- Lean weight slightly into load
- Keep head in a neutral position

Remember:
- Know the weight of the load you are working with
- Do not stand on office chairs, use a small step stool