PROPER BODY MECHANICS

Proper body mechanics are important to include in any work space and environment. Using proper body mechanics can prevent and/or correct potential problems with posture.

PROPER LIFTING TECHNIQUES:

- Ask for help if you are unsure of the object weight
- Be sure to test the object first to know what you are lifting
- Lift loads close to body
- Bend knees and hips
- Lift with legs
- Be sure to carry object close to body

IMPROPER LIFTING:

Do not lift objects with legs straight. Also, avoid twisting

PROPER PUSHING AND PULLING TECHNIQUES:

- Always better to push then pull!
- When pushing- hand and wrist height should be between elbow and hip
- When pulling- hand and wrist should be below hip level and above knee
- Lean slightly into weight load
- Push with legs
- Keep head up
- Remain close to the load

Appropriate pulling posture
(Remember to try and avoid pulling whenever possible)

Handle height too low

PROPER REACHING TECHNIQUES:

Reach only as high as is comfortable
Use arms and legs
Test load before lifting

Do NOT use office chairs to stand. Use small step stools or ask for help!

University of New Hampshire