

Reliant Medical Group

Rehabilitation & Sports Medicine Body Mechanics

LIFTING - 11 Lifting Principles

- Maintain proper posture and head alignment.
- Slide object as close as possible before lifting.
- Move obstacles out of the way.
- Test before lifting; ask for help if too heavy.
- Tighten stomach muscles without holding breath.
- Use smooth movements; do not jerk.
- Use legs to do the work, and pivot with feet.
- Distribute the work load symmetrically and close to the center of trunk.
- Push instead of pull whenever possible.

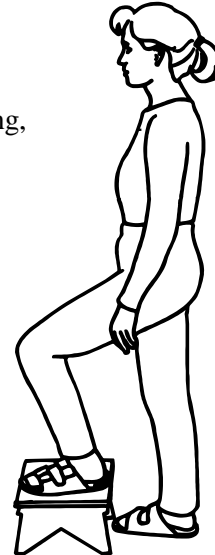
MOVEMENT - 10 Planning Ahead

Don't rush! Give yourself time to set up proper work conditions, and carry out good body mechanics.



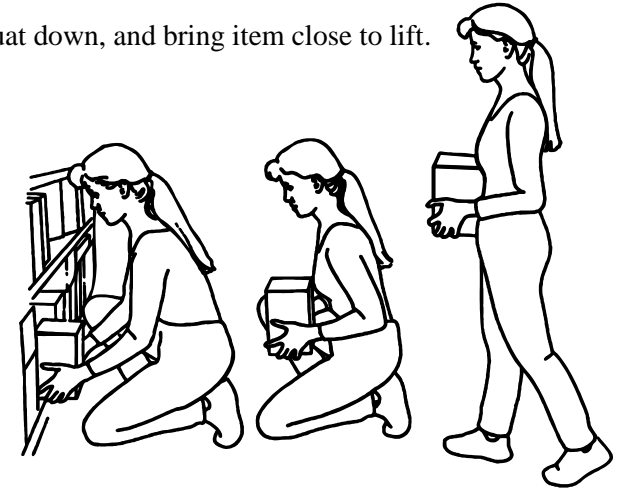
POSITIONING - 5 Standing

For prolonged standing, alternate placing one foot in front of the other or on a stool. Wear low-heeled shoes, and maintain good posture.



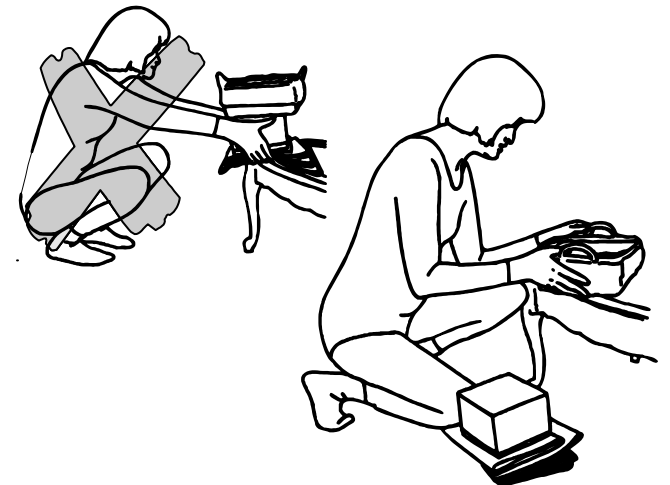
LIFTING - 3 Low Shelf

Squat down, and bring item close to lift.



LIFTING - 1 Reducing Load

Move heavy items one at a time, or move portions of the contents.



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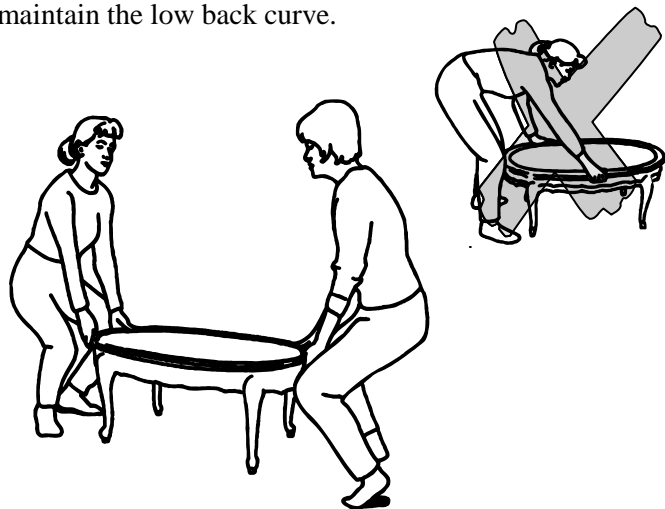
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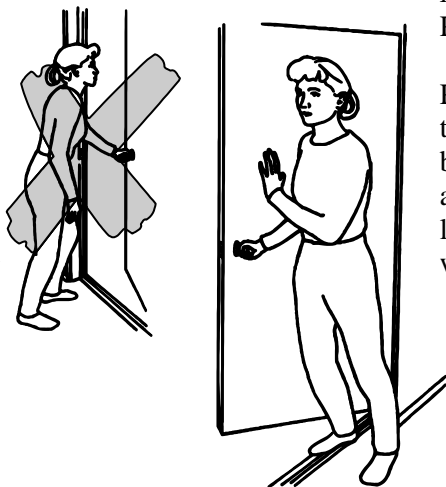
LIFTING - 2 Ask For Help

Ask for help and delegate to others when possible.
Coordinate your movements when lifting together, and maintain the low back curve.



MOVEMENT - 11 Moving Objects

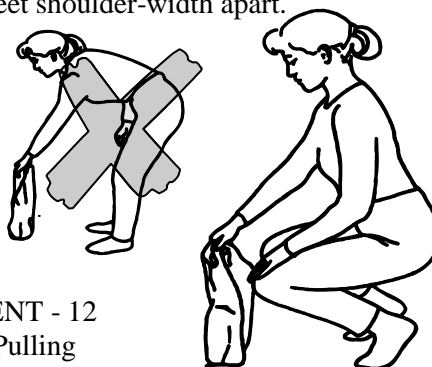
Keep elbows close at sides, and use total body weight and legs to push or pull.



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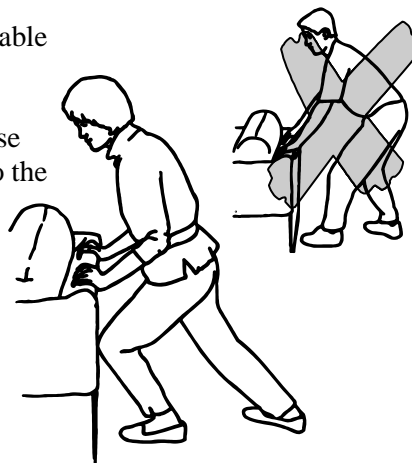
MOVEMENT - 1 Bending

Bend at hips and knees, not back.
Keep feet shoulder-width apart.



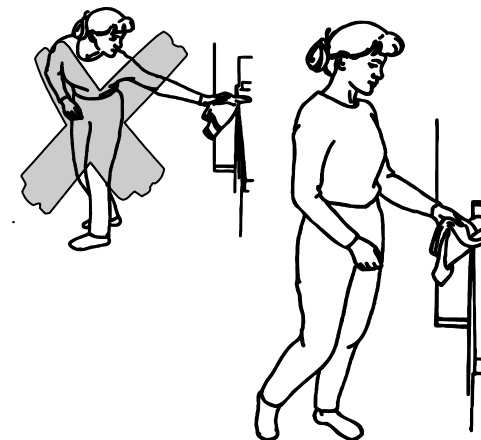
MOVEMENT - 12 Pushing / Pulling

Pushing is preferable to pulling. Keep back in proper alignment, and use leg muscles to do the work.



MOVEMENT - 2 Avoid Twisting

Avoid twisting or bending back. Pivot around using foot movements, and bend at knees if needed when reaching for articles.



POSITIONING - 10 Work Height and Reach

Ideal work height is no more than 2 to 4 inches below elbow level when standing, and at elbow level when sitting. Reaching should be limited to arm's length, with elbows slightly bent.



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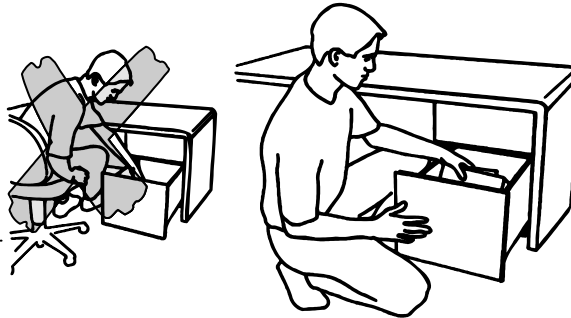
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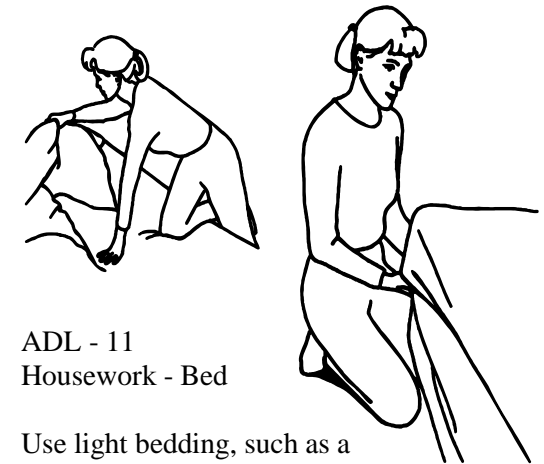
MOVEMENT - 7 Reaching Into Drawer

Squat to reach or rearrange your work area, and avoid twisting and bending.



ADL - 6 Refrigerator

Squat with knees apart to reach lower shelves and drawers.

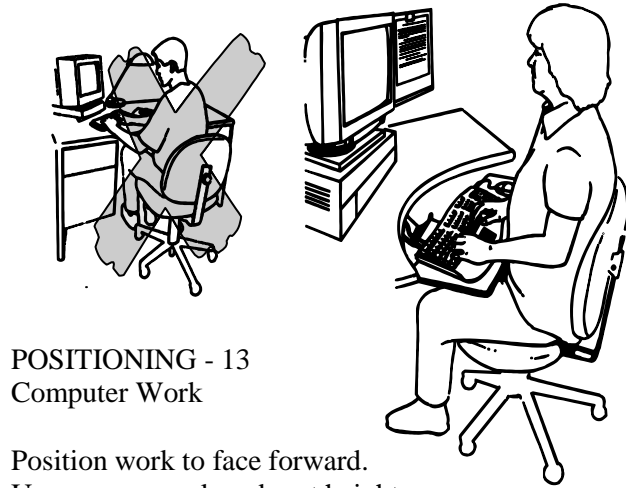
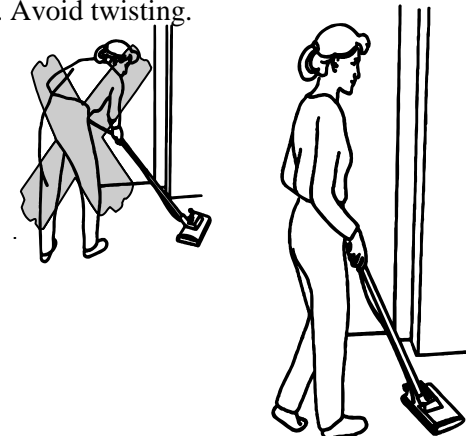


ADL - 11 Housework - Bed

Use light bedding, such as a down comforter. Place one knee up on bed to reach when making bed. Use extra-depth fitted sheets, and squat down when tucking corners.

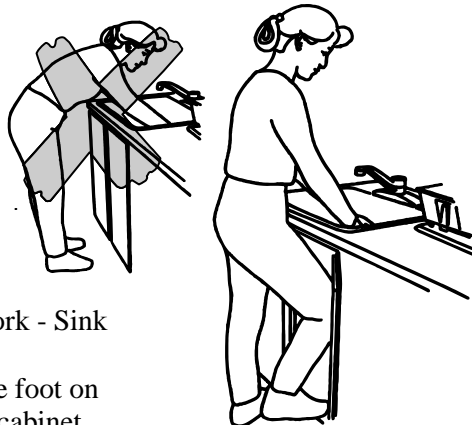
ADL - 19 Housework - Vacuuming

Hold the vacuum with arm held at side. Step back and forth to move it, keeping head up. Avoid twisting.



POSITIONING - 13 Computer Work

Position work to face forward. Use proper work and seat height. Keep shoulders back and down, wrists straight, and elbows at right angles. Use chair that provides full back support. Add footrest and lumbar roll as needed.



ADL - 8 Housework - Sink

Place one foot on ledge of cabinet under sink when standing at sink for prolonged periods.

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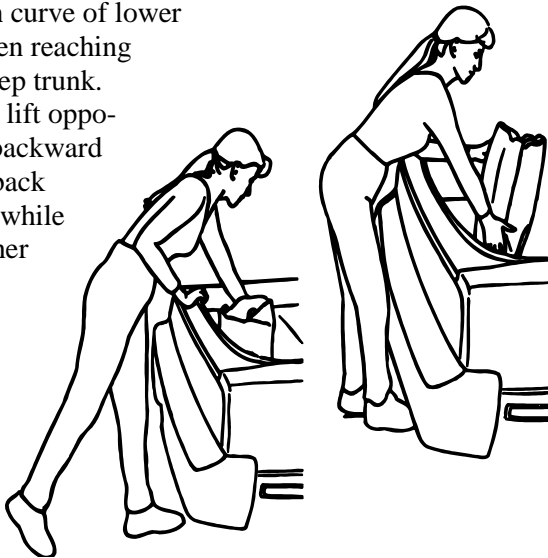
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LIFTING - 8
Car Trunk - Reaching Down

Maintain curve of lower back when reaching into a deep trunk. Can also lift opposite leg backward to keep back straight, while using other hand for support.



ADL - 26
Gardening - Raking

Move close to area to be raked. Use arm movements to do the work. Keep back straight and avoid twisting.

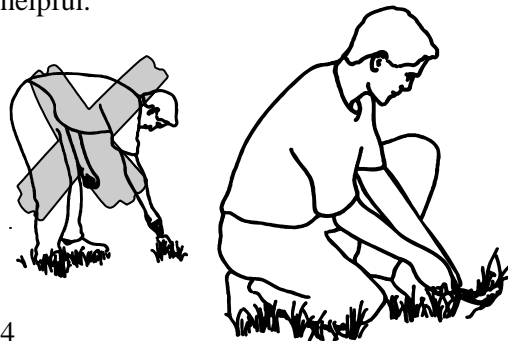


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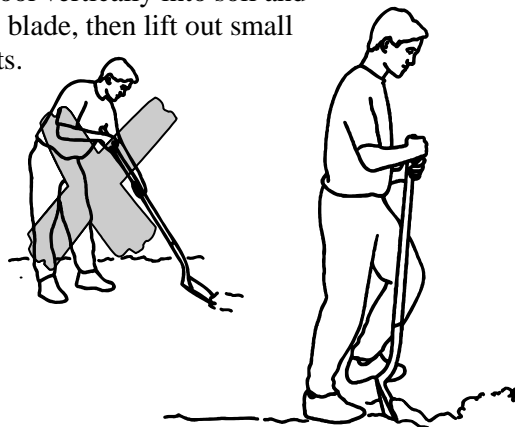
ADL - 27
Gardening - Weeding / Planting

Squat or kneel. Knee pads may be helpful.



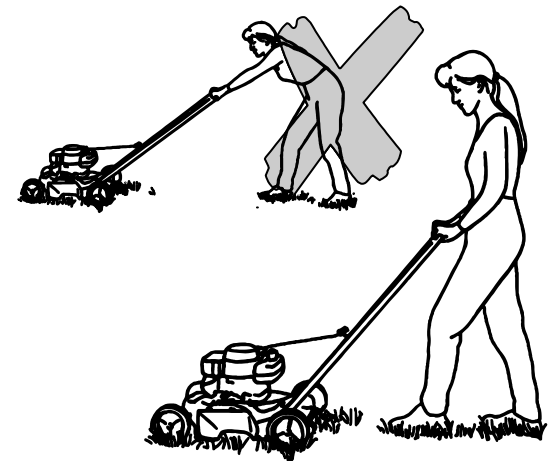
ADL - 24
Gardening - Digging

Insert tool vertically into soil and step on blade, then lift out small amounts.



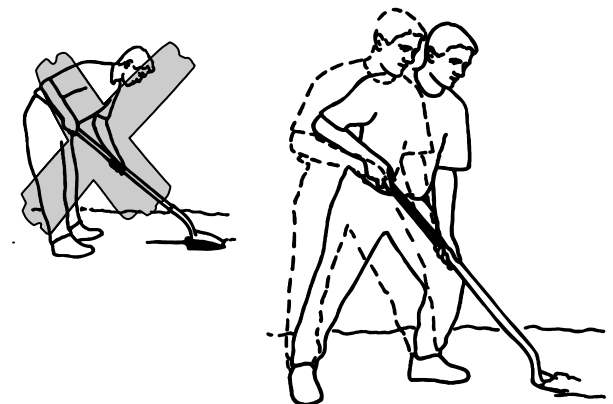
ADL - 23
Gardening - Mowing

Keep arms close to sides and walk with lawn mower.



ADL - 25
Gardening - Shoveling

Push from end of handle, shifting body weight from back leg to front leg. Keep knees bent and avoid twisting your back.



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