

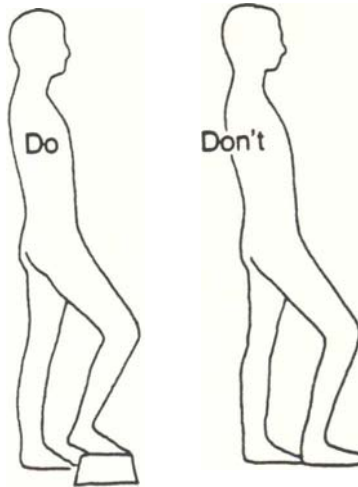
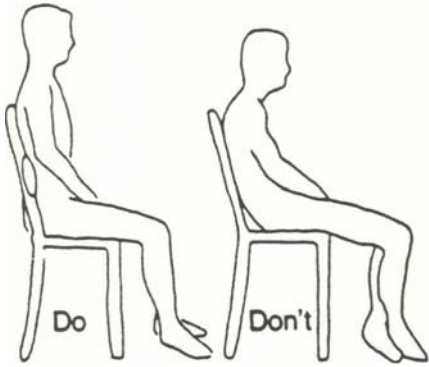
# Body Mechanics

## Using Your Body Safely

### SITTING

Keep the three curves

- Sit all the way back in the chair.
- Use a low back support to help keep your lower back curve.
- Don't slouch or cross your legs.
- Keep both feet flat on the floor.



### STANDING

Keep the three curves

- Bend your knees slightly.
- Keep your shoulders back and your chin tucked in.
- Elevate one foot if you stand for a long time.
- Distribute weight evenly over both feet.

### LIFTING

Keep the three curves

- Bend your knees.
- Keep the low back curved in.
- Go as close as possible to what you are lifting
- Use your legs to lift.
- Don't jerk or twist when lifting.
- Remember to keep your low back curved in when lowering the load, too.



### CARRYING

- Keep the load as close to your body as possible. Keeping the load just below waist level and close to you makes it feel lighter.
- Keep the load in front of you. Carrying the load with one arm makes your back bend sideways.
- Keep your hips and shoulders level. Carrying the load with one arm also causes your hips and shoulders to tilt.



### PUSHING/PULLING

Keep the three curves

- Use leg muscles to move the load.
- Get close to what you are pushing/pulling
- Don't twist or jerk. Pulling with one arm will cause your back to twist
- Face what you are pushing/pulling

