

Body Mechanics Principles

1. Don't lift anything you don't have to but when you do, hold the object as close to the body as possible.
2. When lifting from floor level, bend the knees and keep the spine as vertical as possible.
3. Remember that if you are storing heavy objects, they should be placed on a shelf between knee and shoulder level to make them easier to move in the future. Be particularly careful when lifting anything from below knee level or above shoulder level.
4. Push or pull objects rather than lifting and carrying them whenever possible. If the object is placed on a cart, lift or carrier of some sort, very heavy objects can be moved with little effort.
5. If moving a heavy or bulky object that cannot be controlled easily, recruit help and coordinate the lift with your helper (lift together).
6. Avoid static positioning if possible especially if you must exert any significant force for a long period of time. Muscles fatigue and when they do, body mechanics change.
7. Use the larger muscle groups of the body as much as possible. Position yourself to facilitate this. Use leverage whenever possible.
8. Specialized equipment is available in most occupations to make the job easier. Use the equipment available to you.
9. Stay in shape. When you are strong and run across a heavy task as part of your job, you should be able to do the job with some "reserve strength".