



Franciscan

ST. ANTHONY HEALTH Crown Point

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Proper Body Mechanics

LIFTING

Use discretion when determining if the object to be lifted is within your capability. If you feel the load is too large, get help.

Clear the work area of unnecessary debris to avoid an accidental fall.

When lifting objects from the floor keep your back straight, with a small curve in the lumbar (lower back) area, keep your feet apart and lift with your legs, not your back.

Listed below are suggested body positions to be used when lifting:

Feet: Apart and next to the object to be lifted, one foot ahead of the other. Feet should be spread comfortably for good stability.

Back: Keep the back straight with a small curve in the lower back.

Arms and Elbows: Draw the load to be lifted close to your body.

Body Weight: Position your body so that weight is centered over your legs. Lift by pushing upward with the legs. Remember to keep your back straight! **DO NOT TWIST YOUR BACK WHILE LIFTING.**

PUSHING

Stand close to the object that you wish to push.

Keep your back straight, maintaining small curve in lower back.

Crouch with feet apart and push with your legs.

Lean forward with chest and shoulder against the object.

Do not push with arms or shoulders.

CARRYING

If you cannot carry the load by yourself, get help, or use a cart.

Keep your back straight, maintaining a small curve in lower back.

Keep the load close to your body. Avoid twisting your body. Change direction by moving your feet and body in unison.

Avoid changing handgrips while carrying the load.

Face the area you wish to deposit load on.

Bend your knees and keep back straight when depositing load.

PULLING

Position feet apart with one in back of the other.

Stand close to object keeping back straight, maintaining small curve in lower back.

Crouch and pull objects toward you, using your own body weight.

REACHING

Stand as close to object as possible.

Feet should be apart for additional stability.

Avoid straining to reach object, use a ladder or stepstool if needed.

If object is above your head, raise or lower it slowly.

Overhead lifting is dangerous and should be avoided.