

Skills Reference Sheet

Body Mechanics

Key Points to Remember:

Move a load only if you can safely handle it

Ask for help

Keep the weight close to your body

Keep your palms up whenever possible

Do not be in a hurry

Establish good footing

Keep your heels on the ground

Place your feet approximately shoulder width apart

Bend your knees not your back

Lower your buttocks to the ground and keep your chin up

Do not twist; face the object to be lifted

Use your legs to lift

Exhale during the lift; do not hold your breath

If at all possible, push do not pull an object

Establish a route which to follow

Always look ahead for obstacles before you reach them

If lifting with a partner remember to communicate so you will work together

"Remember: Your Back Is Your Career"