

7

WORK·fit™

BASIC'S OF BODY MECHANICS

Follow these 7 basic checkpoints to help prevent injury and keep you safe!

<p>WHEN STANDING, SITTING, OR LOOKING AT A SCREEN:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Maintain good posture keeping ear in line with shoulder • Keep shoulders down and relaxed 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Hold head forward, with ear going past shoulder
<p>WHEN LIFTING OR TWISTING:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Pick up feet and walk around to change direction • Or, pivot on back foot • Keep torso squared 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Twist with feet planted • Twist through your torso or knees to change direction
<p>WHEN LIFTING OFF THE GROUND OR PICKING ITEMS UP:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Bend your knees to lift • Maintain a neutral spine when lifting 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Stoop over with a rounded back and straight knees
<p>WHEN PUSHING SUPPLY CARTS:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Face your work • Push using the power of your legs 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Twist away from your work • Pull from awkward positions
<p>WHEN STANDING FOR LONG PERIODS:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Use a wide stance OR • Use a long stance to give you a good base of support 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Stand with feet too close together
<p>WHEN REACHING OR CARRYING OBJECTS:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Reach with elbows pointed down & close to body 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Reach with elbows winging out & away from body
<p>WHEN HOLDING OR GRIPPING:</p>		<p>DO:</p> <ul style="list-style-type: none"> • Hold objects and work maintaining a neutral wrist - keep forearm, wrist and hand in a straight line 		<p>DO NOT:</p> <ul style="list-style-type: none"> • Work with a bent wrist - this can significantly reduce your grip strength