

# On-Site Solutions

Ergonomics and Stretching

BODY MECHANICS QUICK REFERENCE



OSSPT

## WHEN ABLE, WORK IN THE POWER ZONE

Working in the Power Zone and keeping the load close to your body helps you safely lift more weight with less stress/strain to your back and shoulders.



## WHEN ABLE, PUSH INSTEAD OF PULL



Pushing requires less work by the muscles in your low back. Be sure to use gradual force to start/stop the load - don't jerk or use forceful movements.

## STEP OR PIVOT

Keep your toes pointing in the same direction as your nose by stepping or pivoting. This helps prevent twisting, which can increase stress and strain to the low back, hips, and knees.



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## RELAX YOUR GRIP

Use only enough grip to safely do the job. When you can, alternate your hands and keep your wrists straight. Your hand is not a tool—do not use your hand to hit/bang materials.



## GETTING INTO AWKWARD POSTURES



Apply good body mechanics as best you can and use PPE to decrease stress to the body. Your muscles might get tired faster when working in awkward positions - TAKE A SHORT/MICRO BREAK, CHANGE POSITION, and STRETCH frequently.

## LIFTING REMINDERS

- Plan ahead, clear your path, use equipment when able/available
- Ask for help and communicate
- Use proper body mechanics and keep the load close to your body/in your power zone
- Use a wide base of support and push your feet down into the floor to stand up
- Lift smoothly – don't jerk or rush



Questions about PT? Contact Us.

