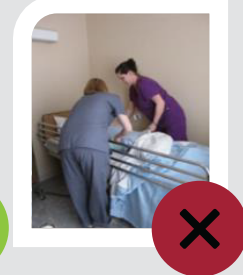
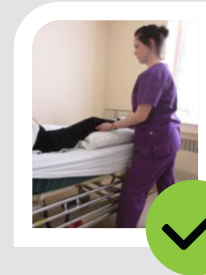


Safe Body Mechanics Principles

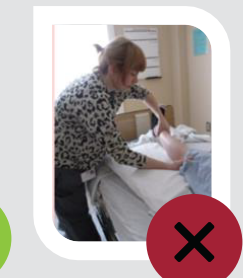
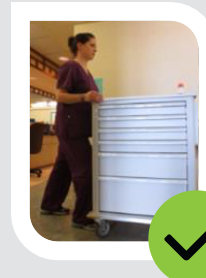
1. Use a wide stance

- Make a wide base of support by moving your legs and feet apart, with your feet in the direction of movement
- Plant both feet firmly on the ground



2. Keep the load close

- Tuck your elbows against your trunk
- Keep the weight you're moving close to the middle of your body



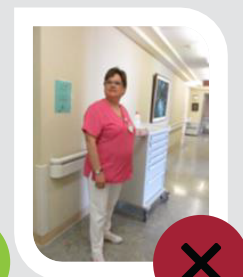
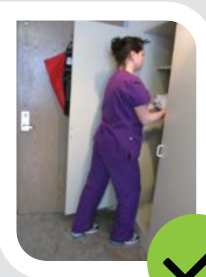
3. Bend your knees

- Keep your back long by lifting up from your chest
- Activate your core by gently pulling your belly button toward your spine
- Squat or lunge by bending your knees and using your large leg muscles



4. Face the load

- Turn hips and shoulders so they face the load
- To turn: turn with your feet instead of twisting at the waist



Take our free eCourse

clri-ltc.ca/123-approach