Body Mechanics: Handout

Step 1
Assess the weight of the object first before attempting to lift it. If it’s too heavy for you, ask for assistance or use a certain device that can help you with your lifting.

Step 2
Think of some safe strategies on how to carry the object, what path you must take, and where to place it. If someone is assisting you with the lift, makes sure to coordinate with him.

Step 3
Clear the path before proceeding with your lift. Get obstacles out of the way to avoid accidents.

Step 4
Face the direction of your task and position your feet shoulder width apart for a stable base of support.

Step 5
Keep your back straight and carefully bend your knees to a squat, as you attempt to lift the object. Squatting position uses larger muscle groups (thigh and gluteal muscles) that will provide you with a more stable lifting.

Step 6
Use the palmar grip to hold the object that you are to lift. This type of grip will make use of larger hand muscles to provide more stability.

Step 7
Tighten you gluteal and abdominal muscles as you slowly lift the object. This tightening mechanism helps to reduce strain in the lower back and prevents injury by stabilizing the pelvis.

Step 8
Make your movements smooth and rhythmic as you proceed with your lifting. Sudden and jerky movements will only put more strain in the muscles. If you are lifting with another person, maintain good communication to ensure good timing of the lift.

Step 9
Lift the object as close to your body as possible. Holding it close enhances stability and prevents strain on the arm and back muscles.

Step 10
Keep your center of gravity as low as you can and centered over your base of support. This helps in preventing torsion of the spine and maintaining your balance.