



Proper Body Mechanics

1. Keep the load close to your body.
2. Avoid excessive leaning and stretching.
3. Work at a comfortable height.
4. Use your legs and hips for lifting.
5. Keep your back straight when lifting.
6. Roll, drag, or pull. Never push.
7. Do not twist the trunk of YOUR body.
8. Stand with your feet spread apart.
9. Think, communicate, and move.