The Ten Commandments of Good Body Mechanics

1. Assess the work or load you will handle.

2. Keep your feet apart for security and a broad base of support.

3. Get a secure hold on the person or object you are lifting.

4. Keep your back straight.

5. Pull in your stomach and your hips when you lift.

The Ten Commandments of Good Body Mechanics (Cont.)

7. Keep the weight close to body.

8. Do not over-reach or stretch.

9. Shift your body weight from one foot to the other in order to move a load.

10. Do not twist your body when you move a load.

94). Health occupations (the vocational ESL series). Los Angeles, CA.: Educational Telecommunications Network (ETN), Los Angeles County Department of Education. Used with permission under grant.