

# E.A. Conway Mandatory Safety Training

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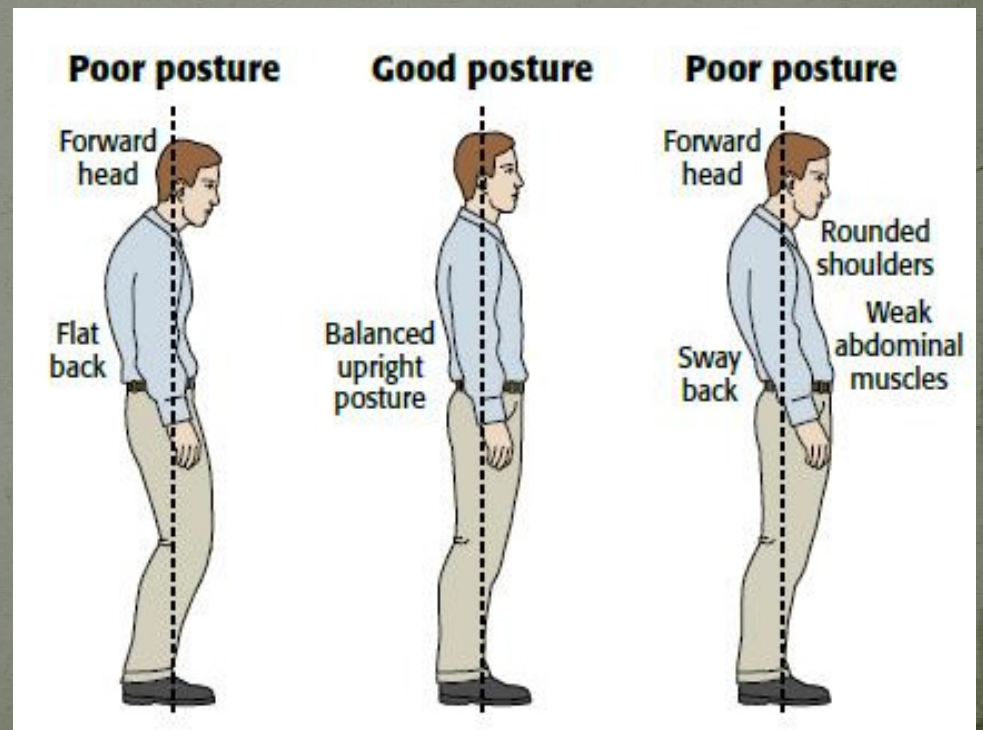
Body Mechanics

# MAINTAINING PROPER ALIGNMENT:

- Head - Hold straight, not bending forward
- Shoulders - Keep shoulders straight, not slumped
- Abdomen - Hold in mid-position with slight hollow in the low back
- Knees - Do not lock straight
- Feet - Hold a few inches apart, with the weight evenly distributed over the foot and the outside edge of the sole

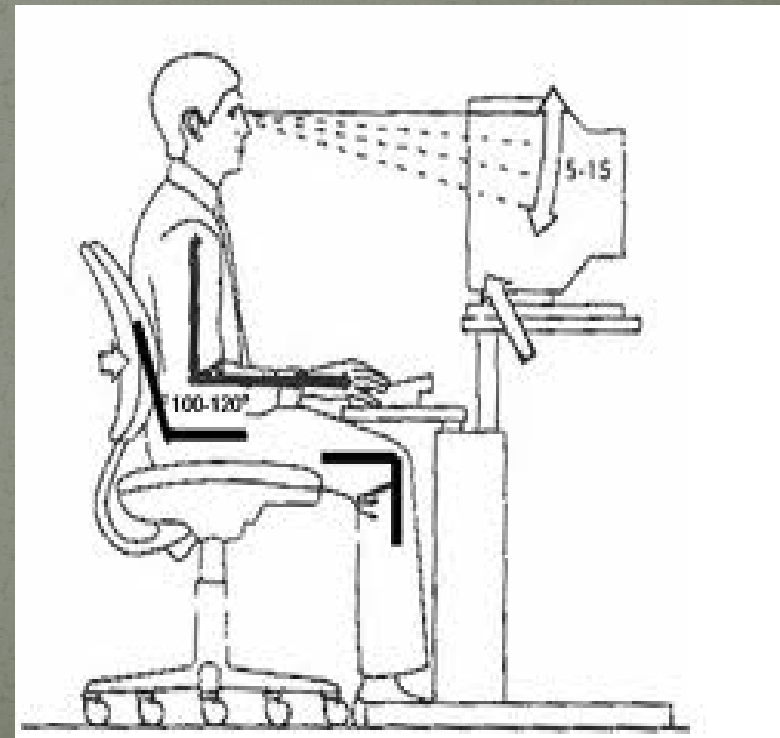
# PROPER STANDING POSTURE:

- Supports musculature of back
- Increases comfort
- Conserves body energy
- Decreases fatigue
- Enhances appearance



# PROPER SITTING POSTURE:

- Do not sit with legs extended in front of you. This places undue stress on your back and will increase fatigue.



# PREVENT BODY DISCOMFORTS AND INJURIES BY:

- Keeping in shape and active.
- Try to maintain optimal weight. Extra weight equals extra burden for your back and body.
- When lifting, lift with the legs with knees slightly bent. Do not reach and lift at the same time. Do not attempt to lift a load that is too heavy for your size and build.
- If you are required to sit for long periods of time, stand and walk erect for several minutes once an hour. Consider obtaining lumbar support device.
- Do not lift any object over 10 pounds if you have a condition that prohibits this.

# PREVENT BODY DISCOMFORTS AND INJURIES BY:

- When Lifting Remember:
- Lift weight with your legs, never your back.
- Place your feet in a position to give you a wide base.
- Your toes should be facing the object you intend to lift.
- Your toes should be facing the object as you set it down.
- Always keep the load close to your body.
- Most importantly, get help for loads that are awkward or appear too heavy.

# Lifting



**The wrong way!**



**The right way!**

# PREVENT BODY DISCOMFORTS AND INJURIES BY:

- Always face object to be moved. If you must change direction to complete task, move body and extremities as a unit. This avoid rotary movements of the spine.
- Elevate bed or working surface to waist level and stand close to objects to be moved whenever possible.
- When moving a patient or object, keep your feet separated to provide a stable base of support.
- Before lifting or moving, tighten abdominal muscles to move abdomen up and in.
- When lifting an object from the floor, bend at the knees with one foot slightly in front of the other.
- After picking up the object, use muscles in thighs, hips and lower legs to raise to a standing position. This avoids back strain.



# PREVENT BODY DISCOMFORTS AND INJURIES BY:

- Carry objects close to body.
- When moving an object or person, slide, push or pull whenever possible.
- Use the weight of your body by leaning toward the object you are pushing and leaning away from the object your are pulling.
- Slide object/patient on even surface or use a drawsheet. Lower the head of the bed before moving the patient up in bed.
- When moving any object, use a smooth continuous movement.



# The End.

- Be Sure to Complete the Medtraining Assignment on Ergonomics.
- Be Sure to Sign the Monthly Safety Roster.

