

## Body Mechanics:

Used to describe the way we move as we go about our daily lives. It includes how we hold our bodies when we sit, stand, lift, carry, bend, and sleep. Poor body mechanics are often the cause of back problems.



## Principles of Body Mechanics:

1. Assess the environment.
2. Plan the move.
3. Avoid stretching/twisting.
4. Ensure proper body stance.
5. Stand close to object being moved.
6. Face direction of the movement
7. Avoid lifting - (turning, rolling, pivoting).
  - a. Use mechanical lift.
  - b. Encourage patient help as much as possible.
8. Work at waist level.
  - a. Do not bend at the waist.
  - b. Raise the height of the bed
9. Bend your knees - Which maintain center of gravity and let the strong muscles of your legs do the lifting.
10. Push object vs pulling.

## Principles of Body Mechanics con't:

11. Use assistive devices

- a. Gait belt
- b. Sliding board
- c. Mechanical lift
- d. Walker
- e. Cane
- f. Wheelchair
- g. Crutches

(They can be used to increase a patients base of support, improve balance and increase activity and independence. Make sure these devices are cleaned daily & as needed, working properly. Never use a device that you've never being trained to use.)

12. Work with others as a team.

Proper Body mechanics video:  
<https://youtu.be/lociAjvp4UY>

