

**Antelope Valley Union High School District
Facts about Body Mechanics**

<p>Proper posture and body mechanics</p> <ul style="list-style-type: none"> • Techniques used to ensure the correct positioning of the body's center of gravity and movable joints • Consistent use of proper technique promotes health and movement allowing increased energy and endurance • Proper techniques dramatically decrease the risk of injury • Proper techniques are required to be learned and used consistently by all employees when lifting or moving ANY objects or persons • Proper techniques may include a mechanical lift (Guldmann, Hoyer, etc.); if available employees are required to use them 	
<p>What can happen to you?</p> <ul style="list-style-type: none"> • Headaches • Pain that worsens with movement • Sudden uncontrollable muscle contractions or spasms • Difficulty walking, bending forward or sideways or standing up straight • Temporary or long term aches and pains 	
<p>Key Points</p> <ul style="list-style-type: none"> • Get a firm footing • Wear flat shoes that slide easily • Keep feet apart for a stable base • Point toes slightly outward • Bend at your knees • Do not bend at the waist • Keep 'leverage' in mind at all times • Use slow and smooth movements • Do not use twisting, reaching, or jerking motions • Tighten stomach muscles to support your spine when you lift, offsetting the force of the load • Lift with your legs, let your leg muscles do the work not your back • Keep load close to your body; the closer the load is to your spine the less force it exerts on your back. • Keep your back upright • Poor posture can lead to muscle fatigue and injury • Do not add the weight of your body to the load • Do not lift over your head • Work with another person • Use mechanical lift 	
<p>When to fill out an accident report</p> <ul style="list-style-type: none"> • Whenever there is an injury to an employee or a student 	
<p>When to call health care provider <u>for an employee</u> after an injury</p> <ul style="list-style-type: none"> • Severe pain and inability to walk for more than a few steps • Numbness in the area of injury or down the leg • Is a lump or an area on the body with an unusual shape (fracture, swelling, etc.) • Pain is severe enough to interfere with sleep 	