

Aurora **safety** Solutions

BODY MECHANICS

Before lifting ask yourself these two questions:

- Can I lift the object alone?
- Should I ask a co-worker for help?

Proper Body Mechanics When Standing:

- Wear proper shoes this protects your feet from injury and give you firm foundation.
- Keep your feet flat on the floor separated about 12 inches.
- Keep your back straight.

Proper Body Mechanics When Lifting:

- Your feet should be apart, in a standing position.
- Keep your back straight.
- Lower your body to get close to the object.
- Bend from your hips and knees. DO NOT bend at the waist.
- When turning, rotate your whole body, not just your back.
- Keeping your knees bent and your back straight, lift the object using your arm and leg muscles.

Do not use your back muscles.

- If the object is too heavy ask another person to help you.

Proper Body Mechanics When Carrying:

- Hold the object close to your body.
- DO NOT carry things that are too heavy for you. Always ask for help to move heavy objects.

Proper Body Mechanics When Pushing or Pulling:

- Use the weight of your body to help push or pull an object.
- Your feet should be apart as in the standing position.
- Keep your back straight.
- Lower your body to get close to the object. Bend from your hips and knees. DO NOT bend at the waist.

What if it is a person?

- Remember Aurora has a no lift policy. Assure the consumer is safe and comfortable. Next get help from a co-worker or from the call center.



For more information please visit our employee website:
www.Employee.AuroraServices.com