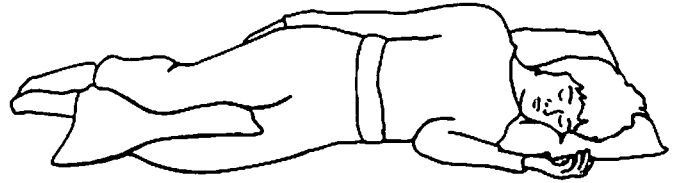


POSITIONING - 1
Sleeping on back



Place pillow under knees. A pillow with cervical support and a roll around waist are also helpful.

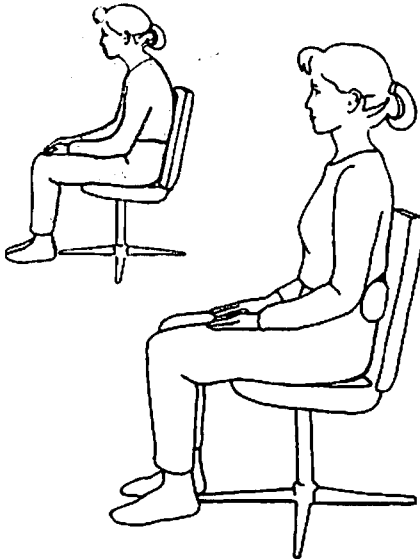
POSITIONING - 2
Sleeping on side



Place pillow between knees. Use cervical support under neck and a roll around waist as needed.

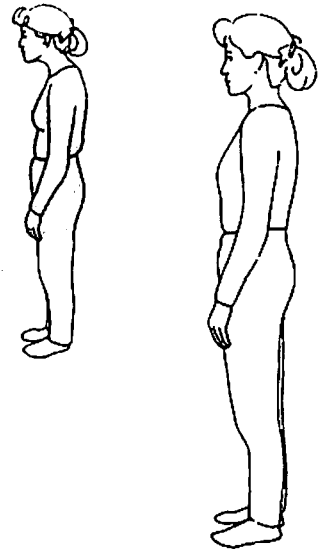
POSITIONING - 6
Posture - Sitting

Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods.



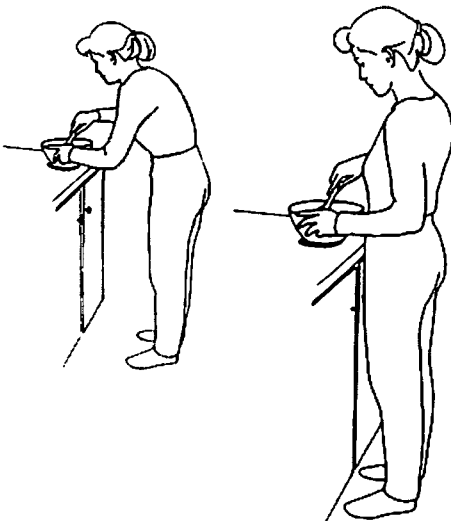
POSITIONING - 4
Posture - Standing

Good posture is important. Avoid slouching and forward head thrust. Maintain curve in low back and align ears over shoulders, hips over ankles.



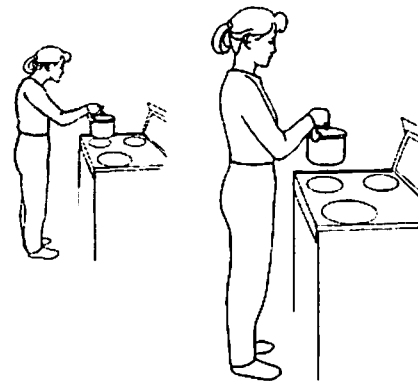
POSITIONING - 9
Work Positioning

Position self close to work, whether standing or sitting. Avoid straining forward at neck or waist.



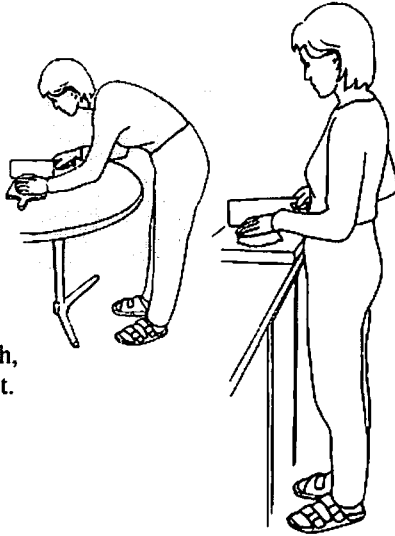
POSITIONING - 11
Keeping Chin Tucked

Keep chin tucked and shoulders back when picking up objects.



POSITIONING - 10
Work Height and Reach

Ideal work height is no more than 2 to 4 inches below elbow level when standing, and at elbow level when sitting. Reaching should be limited to arm's length, with elbows slightly bent.

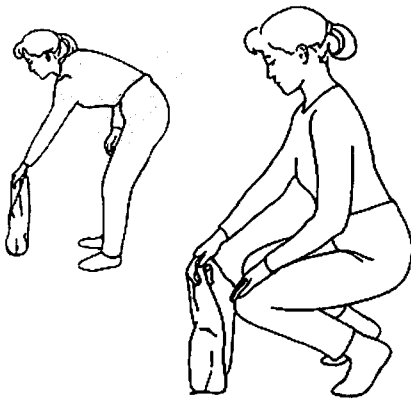


POSITIONING - 13
Computer Work



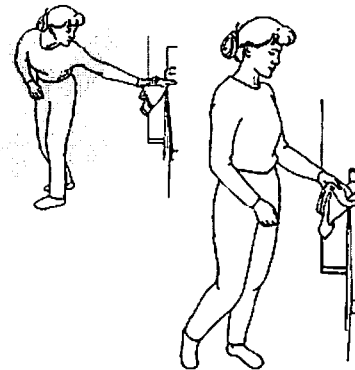
Position work to face forward. Use proper work and seat height. Keep shoulders back and down, wrists straight, and elbows at right angles. Use chair that provides full back support. Add footrest and lumbar roll as needed.

MOVEMENT - 1
Bending



Bend at hips and knees, not back. Keep feet shoulder-width apart.

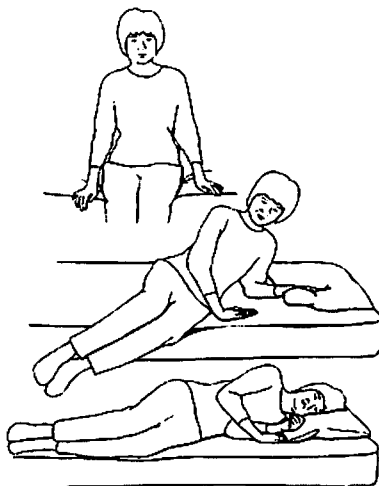
MOVEMENT - 2
Avoid Twisting



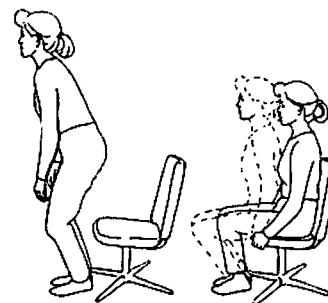
Avoid twisting or bending back. Pivot around using foot movements, and bend at knees if needed when reaching for articles.

MOVEMENT - 4
Getting Into/Out of Bed

Lower self to lie down on one side by raising legs and lowering head at the same time. Use arms to assist moving without twisting. Bend both knees to roll onto back if desired. To sit up, start from lying on side, and use same movements in reverse. Keep trunk aligned with legs.



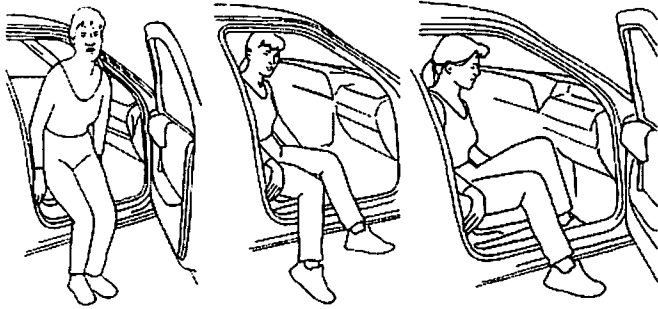
MOVEMENT - 6
Stand to Sit/Sit to Stand



To sit: Bend knees to lower self onto front edge of chair, then scoot back on seat.

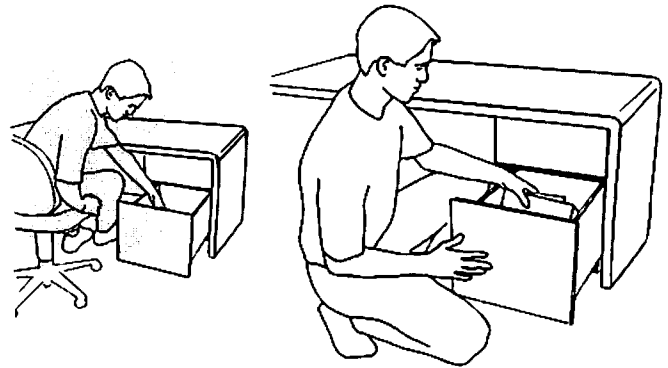
To stand: Reverse sequence by placing one foot forward, and scoot to front of seat. Use rocking motion to stand up.

MOVEMENT - 9
Getting Into/Out of Car



Lower self onto seat, scoot back, then bring in one leg at a time. Reverse sequence to get out.

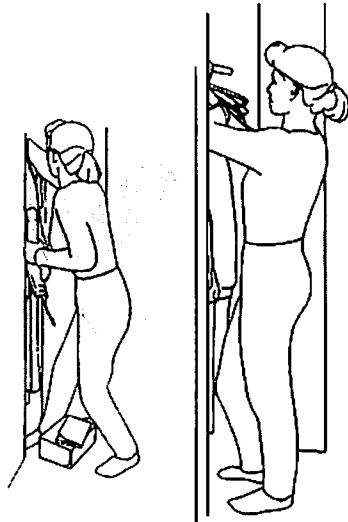
MOVEMENT - 7
Reaching Into Drawer



Squat to reach or rearrange your work area, and avoid twisting and bending.

MOVEMENT - 10
Planning Ahead

Don't rush! Give yourself time to set up proper work conditions, and carry out good body mechanics.



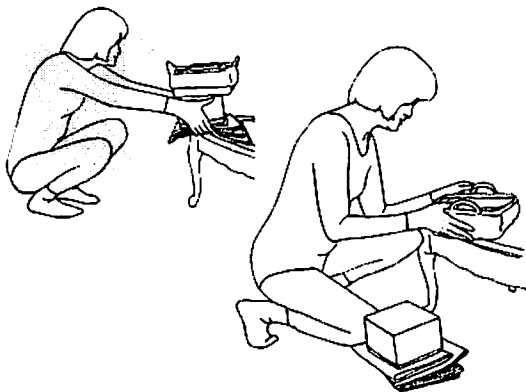
MOVEMENT - 12
Pushing/Pulling

Pushing is preferable to pulling. Keep back in proper alignment, and use leg muscles to do the work.



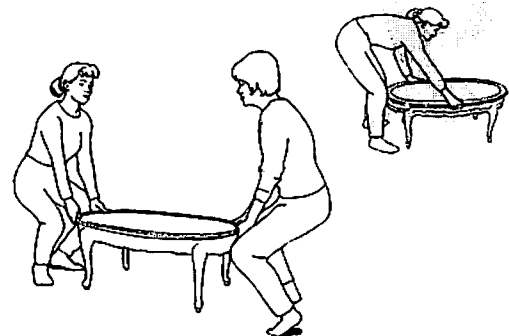
LIFTING - 1
Reducing Load

Move heavy items one at a time, or move portions of the contents.

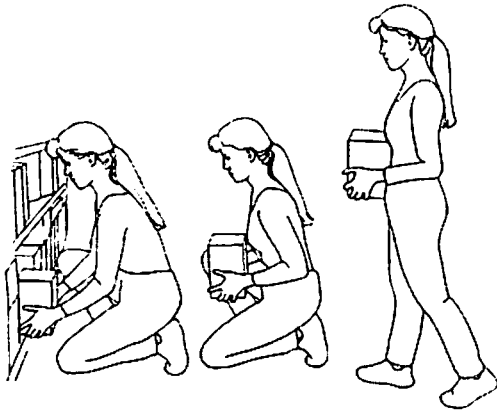


LIFTING - 2
Ask For Help

Ask for help and delegate to others when possible. Coordinate your movements when lifting together, and maintain the low back curve.

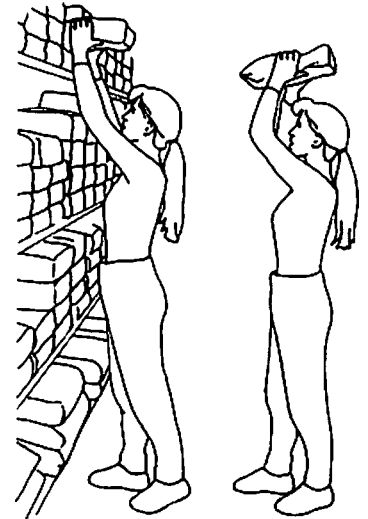


LIFTING - 3
Low Shelf



Squat down, and bring item close to lift.

LIFTING - 4
Overhead



Shift weight from front foot to back foot as item is lifted off shelf.

LIFTING - 5
Cart

When reaching into cart with one arm, lift opposite leg to keep back straight.



LIFTING - 6
Carrying Luggage

Distribute weight evenly on both sides. Use a cart whenever possible. Do not twist trunk. Move body as a unit.



LIFTING - 7
Car Trunk - Unloading

Place one foot on bumper to slide items close before lifting.

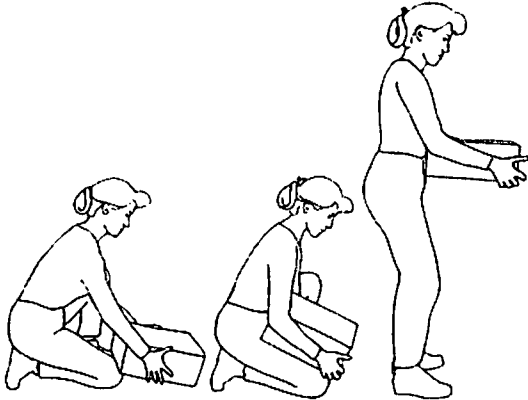


LIFTING - 8
Car Trunk - Reaching Down

Maintain curve of lower back when reaching into a deep trunk. Can also lift opposite leg backward to keep back straight, while using other hand for support.



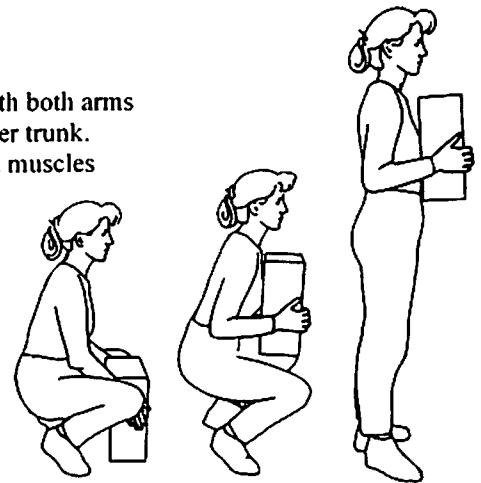
LIFTING - 9
One Knee



Slide object up one thigh, and hold close at waist level with both hands before standing up.

LIFTING - 10
Deep Squat

Squat and lift with both arms held against upper trunk. Tighten stomach muscles without holding breath.



Use smooth movements to avoid jerking.

LIFTING - 11
Lifting Principles

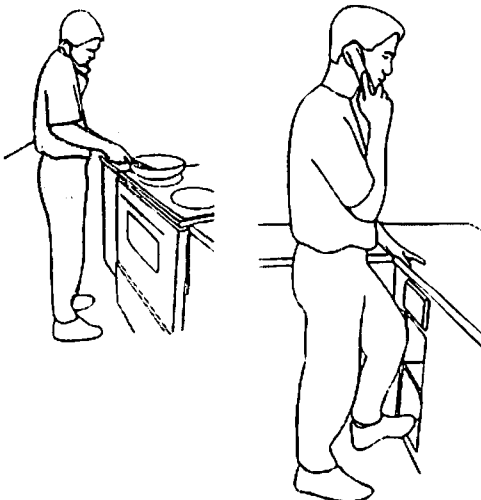
- Maintain proper posture and head alignment.
- Slide object as close as possible before lifting.
- Move obstacles out of the way.
- Test before lifting: ask for help if too heavy.
- Tighten stomach muscles without holding breath.
- Use smooth movements; do not jerk.
- Use legs to do the work, and pivot with feet.
- Distribute the work load symmetrically and close to the center of trunk.
- Push instead of pull whenever possible.

ADL - 4
Brushing Teeth



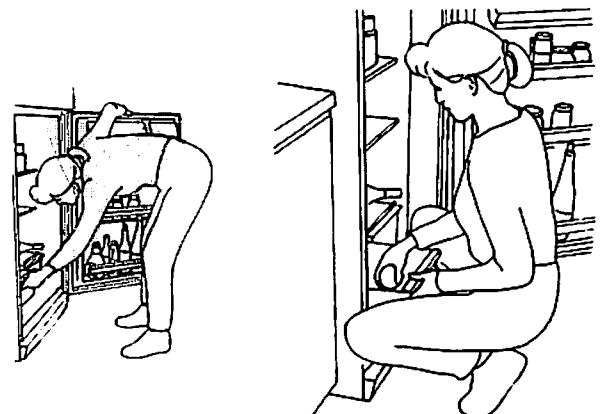
Place one foot on ledge and one hand on counter. Bend other knee slightly to keep back straight.

ADL - 5
Telephone



Avoid leaning phone on shoulder. Take time to assume proper position.

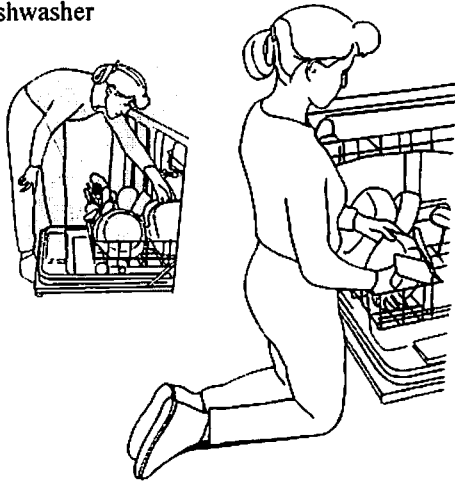
ADL - 6
Refrigerator



Squat with knees apart to reach lower shelves and drawers.

ADL - 7
Housework - Dishwasher

Kneel or squat to one side of the dishwasher to load and unload.



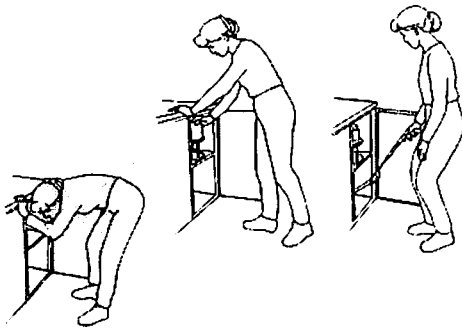
ADL - 8
Housework - Sink

Place one foot on ledge of cabinet under sink when standing at sink for prolonged periods.



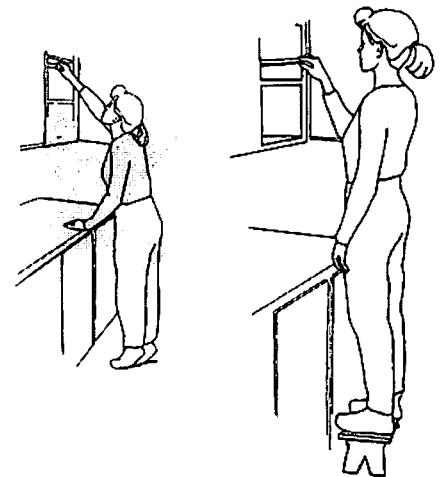
ADL - 9
Housework - Reaching Down

If you are unable to bend your knees or squat, use a lazy Susan to keep items within easy reach.
Store only light, unbreakable items on the lowest shelves, and use a reacher to pick them up.



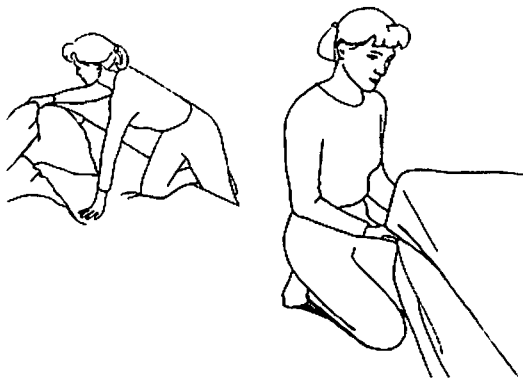
ADL - 10
Housework - Reaching Up

Keep a step-stool handy for items on upper shelves above shoulder level.



ADL - 11
Housework - Bed

Use light bedding, such as a down comforter. Place one knee up on bed to reach when making bed. Use extra-depth fitted sheets, and squat down when tucking corners.



ADL - 12
Laundry - Ironing

Use proper work height to keep back straight. Place one foot on low stool.

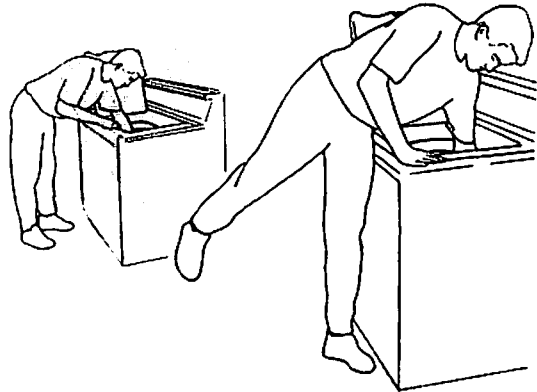


ADL - 13
Laundry - Loading Wash



Position laundry basket so that bending and twisting can be avoided.

ADL - 14
Laundry - Unloading Wash



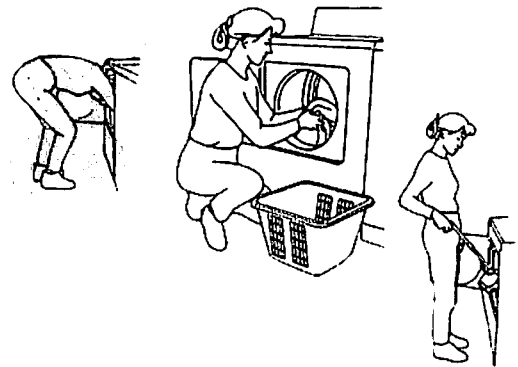
To unload small items at bottom of washer, lift leg opposite to arm being used to reach.

ADL - 15
Laundry Basket



Squat down and hold basket close to stand. Use leg muscles to do the work.

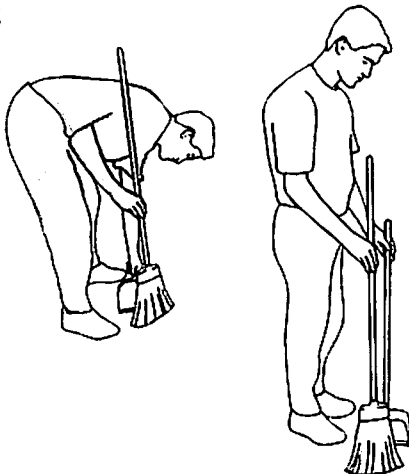
ADL - 16
Laundry - Unloading Dryer



Squat down to reach into clothes dryer.

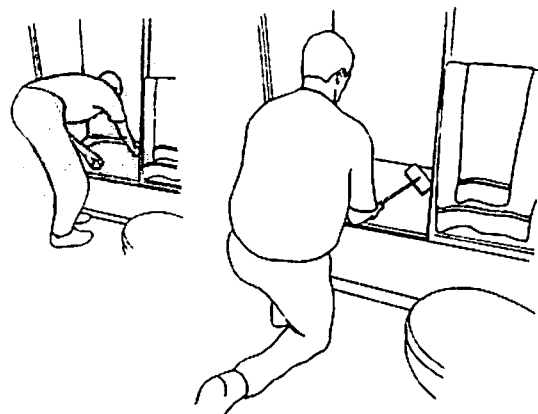
Small items can be placed in a large zippered mesh bag, and pulled out using a reacher.

ADL - 17
Housework - Sweeping



Use long-handled equipment to avoid stooping.

ADL - 18
Housework - Tub Scrub



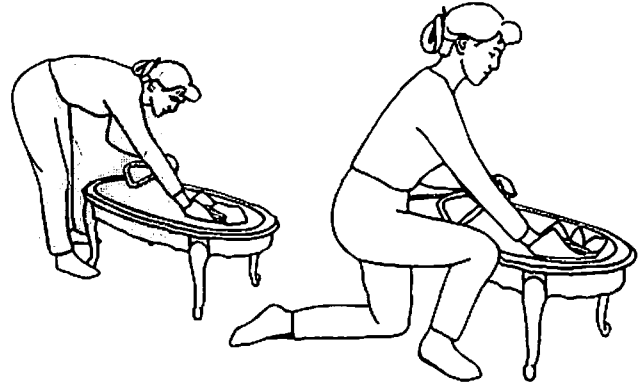
Kneel down and use long-handled sponge or brush to reach.

ADL - 19
Housework - Vacuuming



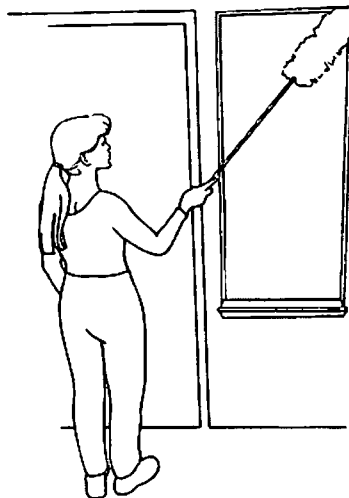
Hold the vacuum with arm held at side. Step back and forth to move it, keeping head up. Avoid twisting.

ADL - 20
Housework - Wiping



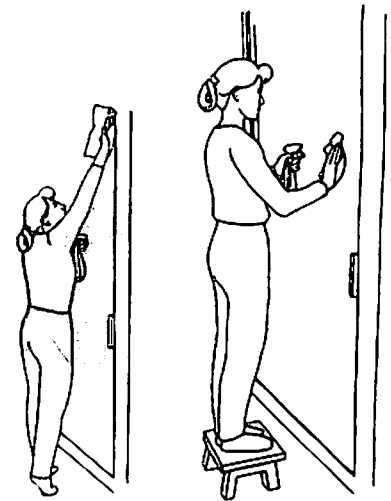
Position yourself as close as possible to reach work surface. Avoid straining your back.

ADL - 21
Housework - Dusting



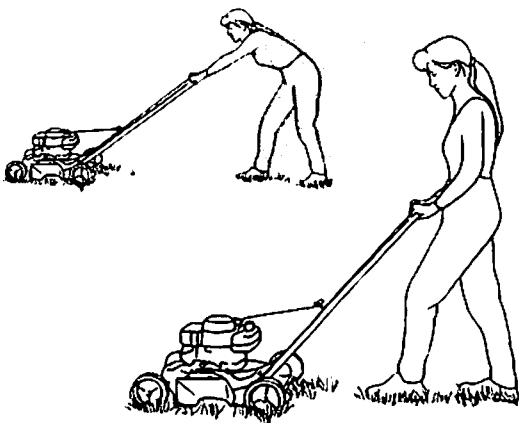
Use long-handled duster for hard-to-reach places so as to avoid straining.

ADL - 22
Housework - Cleaning



Raise self on stool to reduce overhead reach.

ADL - 23
Gardening - Mowing



Keep arms close to sides and walk with lawn mower.

ADL - 24
Gardening - Digging



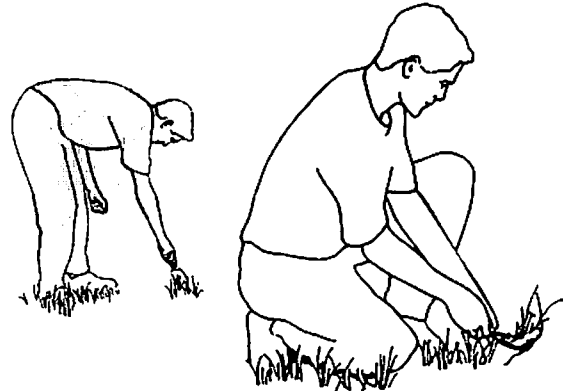
Insert tool vertically into soil and step on blade, then lift out small amounts.

ADL - 26
Gardening - Raking



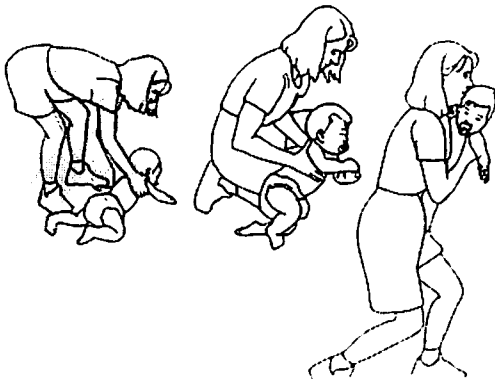
Move close to area to be raked. Use arm movements to do the work. Keep back straight and avoid twisting.

ADL - 27
Gardening - Weeding/Planting



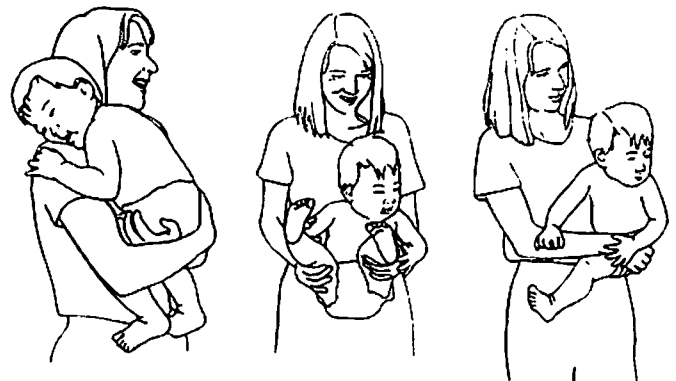
Squat or kneel. Knee pads may be helpful.

ADL - 29
Childcare - Picking Up from Floor



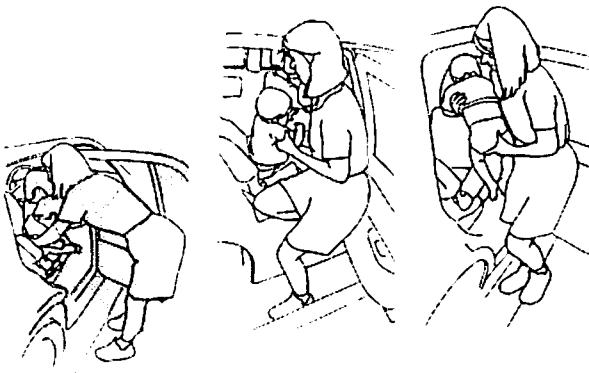
Squat down to pick up baby, and bring close before standing up. Use knees and keep back straight.

ADL - 30
Childcare - Carrying



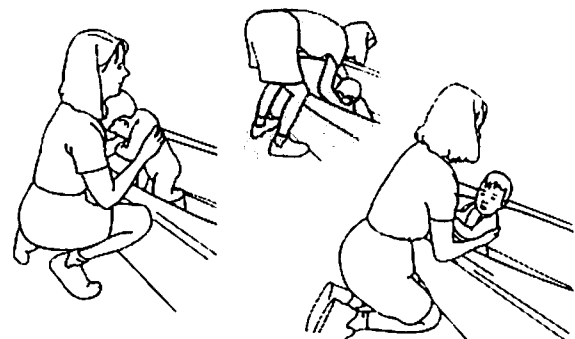
Keep baby close and as upright as possible.

ADL - 32
Childcare - In/Out of Car



Stand close and keep back straight. Bend knees to put baby in or take baby out of car seat.

ADL - 33
Childcare - In/Out of Tub



Squat or kneel down close to edge of tub to lower child into tub or to lift out. Be sure there is a safety mat inside.