

BACK CARE/BODY MECHANICS

LIFTING AND TRANSFER TECHNIQUES

TIPS FOR GOOD BACK CARE:

ALWAYS REMIND SELF OF GOOD POSTURE

- WHEN WALKING – KEEP A STRAIGHT BACK
- WHEN SITTING- SIT UP STRAIGHT

AVOID SLUMPING OR ARCHING YOUR BACK

- ASSESS THE SITUATION BEFORE LIFTING AN OBJECT. OR A CLIENT
- AVOID LIFTING AN OBJECT OR A CLIENT WHO IS TOO HEAVY (ABOVE 50kg)
- CALL FOR ASSISTANCE IF A CLIENT FALLS ON THE FLOOR
- AVOID TWISTING YOUR BACK & WRIST
- APPLY A TRANSFER BELT
- MOVE THE FEET TO TURN

- PUSH AN OBJECT, INSTEAD OF PULLING
- USE A STOOL FOR HEIGHTS
- AVOID BEING IN A RUSH
- EXERCISE EMOTIONAL WELL-BEING
- .IF YOU HAVE TO LIFT SEVERAL HEAVY OBJECTS
LIFT THEM ONE AT A TIME

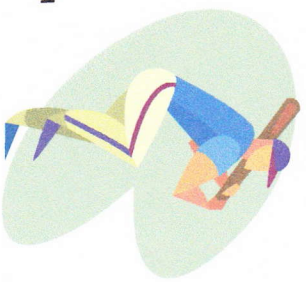
TRANSFER TECHNIQUES

APPLY THE FOLLOWING ACRONYM WHEN PERFORMING A TRANSFER:

B...BUTT OUT

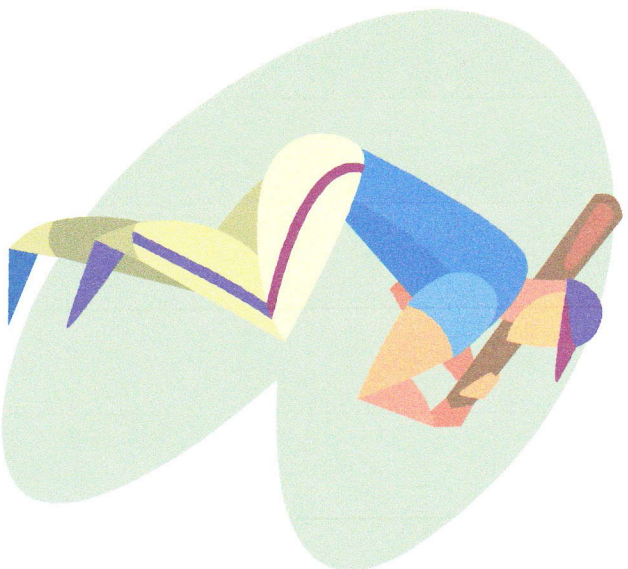
A....ARMS BENT- be close to the object/client

C....CHEST OUT-----Keep chest straight



K....KNEES BENT and feet slightly apart

IMPORTANCE OF GOOD BODY MECHANICS



- WHETHER PLAYING BASEBALL
- LIFTING AN OBJECT OR A CLIENT
- TYING YOUR SHOES
- COOKING IN THE KITCHEN
- BATHING THE CLIENT
- PICKING A PAPER OR CLOTH OFF THE FLOOR