

THE IMPORTANCE OF ERGONOMICS IN YOUR WORK ENVIRONMENT

When using your body in ways that prevent injury and maximize efficiency during movement or physical tasks, proper body mechanics will:

- Reduce stress on muscles & joints
- Prevent injuries like back pain or strains
- Improve posture & movement efficiency



KEY PRINCIPLES OF PROPER BODY MECHANICS

- **Maintain a Neutral Spine:** Keep your back straight & natural curves aligned; Avoid slouching or over-arching your back.
- **Engage Your Core:** Activate your abdominal muscles for stability.
- **Lift with Your Legs:** Bend at the knees & hips, not the waist; Keep the load close to your body.



- **Avoid Twisting:** Turn your whole body instead of twisting at the waist.
- **Keep a Stable Base:** Stand with feet shoulder-width apart for balance.
- **Use Tools or Assistance:** Use carts, dollies or ask for help when lifting heavy objects.

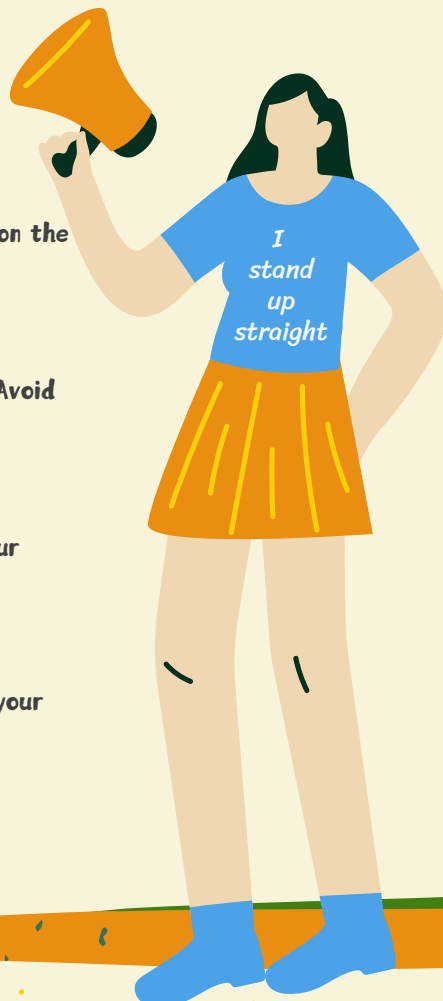
TIPS FOR DAILY ACTIVITIES

SITTING:
Use an ergonomic chair; Keep your feet flat on the floor; Align your hips, knees & shoulders.

STANDING
Distribute weight evenly between both feet; Avoid locking your knees.

REACHING:
Use a step stool instead of overextending your arms.

SLEEPING:
Use a pillow to support your neck; Sleep on your back or side, not your stomach.



COMMON MISTAKES TO AVOID

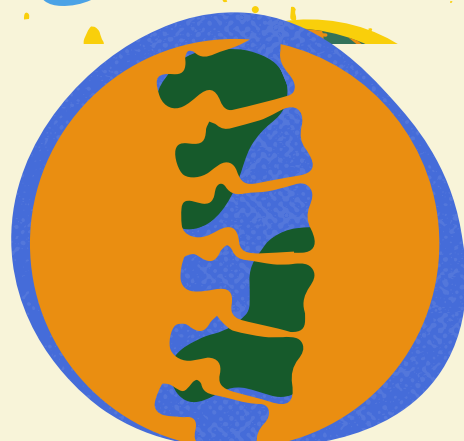
LIFTING
with your back instead of your legs

HOLDING
objects far from your body

HUNCHING
shoulders while sitting or standing

WEARING
unsupportive footwear

Save your spine



Proper posture can BOOST confidence & mood?

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