



POSTURE AND PROPER BODY MECHANICS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Basic Concepts:

Back and neck pain can be caused or aggravated by poor posture. Good posture is eyes forward/chin level, straight upper back without chest “puffed out” and normal curve in low back/neutral pelvis.

Body Mechanics refers to maintaining good posture with activities.

Maintaining good standing and sitting posture and using good body mechanics can greatly reduce chance of injury and/or speed recovery.

Have your Soldiers demonstrate or explain some proper mechanics of lifting:

1. Don’t bend forward at the waist, but kneel instead
2. Keep object close to the body
3. Ask for help (buddy lift) for heavy objects
4. Lift your leg behind you as a counterforce when you must reach forward and down for an object (such as inside a box).

Review proper sitting posture for minimizing back pain:

1. Computer monitor at eye level; eyes straight/chin level
2. Knees and elbows bent at 90 degrees
3. Back straight (use back support as needed)