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Body Mechanics

Patient name: _____

Admission: _____

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- I. The client/caregiver can list advantages of good body mechanics.**
- Decreases possibility of back injury.
 - Decreases possibility of falls.
 - Increases work force with decreased energy.
- II. The client/caregiver can list good body mechanics in various positions and activities.**
- Standing
 - Use good posture when standing. Check your posture by standing with heels, shoulders, and head against the wall.
 - Stand with feet slightly apart and toes pointed straight ahead.
 - Sitting
 - Sit with your back completely against the back of the chair.
 - Change position frequently if sitting for a long time.
 - Walking
 - Walk with feet parallel and close together.
 - Take a step by pushing off with the back foot.
 - Swing arms easily as you walk.
 - Sleeping
 - Sleep on a firm mattress.
 - Lying flat provides the least pressure on the back.
 - Lifting or carrying objects
 - Lift objects by flexing knees and hips, placing one foot in front of the other one and keeping the back straight.
 - Spread feet for a broad base of support to decrease the possibility of falling.

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- Prepare muscles by taking a deep breath and setting muscles before lifting.
 - Ask for assistance to lift or carry anything.
 - Use mechanical lifting aids whenever possible, such as a lever, hydraulic lift, and so forth.
 - Roll, push, pull, or slide if possible instead of lifting.
 - Keep load of weight close to the body to decrease workload.
 - Use wheels to move objects instead of carrying.
- F. Pivoting**
- Place one foot in front of the other.
 - Raise heels slightly, placing weight on the balls of the feet to turn 90 degrees.
 - Face the direction of movement to prevent twisting of the spine.
- III. The client/caregiver can list other general measures for good body mechanics.**
- Plan movements to avoid using poor body mechanics.
 - Move muscles in a smooth coordinated manner, avoiding any jerking.
 - Keep work material at appropriate level to avoid bending or stretching.

REFERENCES

- Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.
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- Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.