## **Body Mechanics**

# Staggered Stance

Caregivers perform many tasks while standing. Did you know that altering your stance can change the way your body moves? The next time you need to lean over a patient or assist with repositioning, put these simple body mechanics to work to improve your balance, strength and stability.

#### Always Warm Up First

See our **Stretch for Safety Program** materials for more information.

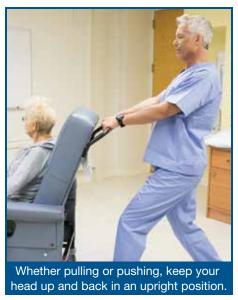
## **Technique and Position**

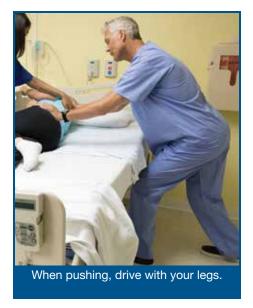
- Stagger your feet by putting one leg in front of the other.
- Use your legs for power and strength.
- Rotate naturally at the hips rather than bend your back.
- When pulling or pushing, keep your head up and your back in an upright position.
- For additional support, try "bridging" when possible by placing one hand on an object that can support your weight and won't move.

#### **Remember:**

Before moving a patient, always follow the tips on the **Safe Patient Interaction** instruction sheet to assess the patient and situation.







### **One More Note About Safety**

When moving heavier loads or patients who lack the ability to assist with a move, strongly consider getting assistance and/or using safe patient movement equipment.

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