

## 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.

### 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.

### Always Warm Up First

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

### Remember:

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



Staggering your feet enhances balance, strength and stability.



Whether pulling or pushing, keep your head up and back in an upright position.



When pushing, drive with your legs.

### 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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