

Basic Body Mechanics

At Caring for People Services, there might be times where you need to lift or help transfer someone. We want to make sure you are doing this as safely as possible. Per company policy, we do not want our caregivers to lift more than 25 pounds. There are certain techniques to help you lift more safely.

- 1) Holding the item you are lifting so it is closer to you (closer to your center of gravity), versus further away from you, will prevent your back muscles from straining.
- 2) Remember to lift with your legs and thighs, NOT your back! Bending your legs and widening your stance can be especially helpful when lifting something lower on the ground. Bend at the knees, not the waist. Keep your back as vertical as possible. Move your feet, don't twist at the waist.



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