

# Powerful Posture

*Body mechanics principles for performing lifting and moving tasks safely*

## Steady Stance

- Wide base of support for balance
- Feet positioned in correct stance for task

1



**Feet Shoulder-Width Apart**  
(General lifting tasks or sideways movement)



**Staggered Stance**  
(forward-backward movement)

## Neutral Spine

- Head up
- Keep the chest up
- Shoulders back and relaxed
- Ears, shoulders and hips are aligned

2

## Bend at the Hips and Knees

- Maintain the neutral spine posture by bending at the hips, not at the back
- Bending the knees engages strong leg muscles

3

## Keep the Core Strong

- Engage the abdominal muscles to stabilize the neutral spine posture

4

## Strong Grip

- Palms up grip is strongest
- Use a palms up grip or neutral grip when carrying an object
- Stabilize shoulders by positioning elbows in close to trunk

5

## Load Stays Close

- Work within the shoulder to hip area
- Reduce reaching by keeping elbows in close to trunk

6

## Minimize Twisting

- Take steps to pivot the feet
- Square up to the task. Your face and feet should always be pointed in the same direction.

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