

# **Practice Good Body Mechanics for a Safe Working Environment**

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Proper body mechanics are important to a healthy nursing career and for every one else, and should be used daily regardless of where you practice. Doing so will prevent injuries to yourself, patients, and coworkers.

Be sure to maintain the four main principles of good body mechanics:

- A stable center of gravity
  - A wide base of support
  - A line of gravity
  - Proper body alignment
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- When lifting objects, use your leg muscles, keeping your knees and hips bent and back straight.
  - Always lift objects upward in one smooth motion. When reaching, avoid twisting or stretching ( use a stool for high objects) and maintain good balance.
  - Finally, if pivoting when carrying an object, maintain a good center of gravity and turn both feet at the same time.
  - When performing physical tasks, remember that it is always easier to push, pull, or roll an object than it is to lift it.
  - All movements should be coordinated and smooth, rather than jerky. Use your arm and leg muscles instead of your back as much as possible.
  - Keep objects close to your body in good physical condition.

Use of proper body mechanics can reduce excessive fatigue, muscle strains, or tears, skeletal injuries, injury to patients, and injury to staff members who may be assisting you.

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