

# It's the Only Back You Have....Why Not Save It?

## Steps to a moving task

Most of the things we do in our everyday lives require a lot of steps to complete, but we don't think about the steps we take when doing them. The following are the steps we take to move an object. Thinking about each one and making a plan makes for a much safer move.



1. Clarify the nature of the moving task - think about what you are about to do.
2. Identify the moving technique - how are you going to move the object.
3. Conduct an assessment - assess yourself, the environment and the object that you are about to move.
4. Select how you are going to move the object.
5. Prepare for the move - eliminate as many risks as you can.
6. Perform the move.
7. Evaluate - could anything be done differently next time to make the move safer?
8. Communicate - to those around you who may have to move the object and with anyone who is assisting with the move. Communication before, during and after a move is essential.

### 8 Principles to Good Body Mechanics

- Use your brain, not your back
- Listen to your body
- Maintain the three natural curves of the spine through good body mechanics
- Use your strong thigh muscles
- Use a safe and effective grip
- Assume a stable and flexible stance
- Transfer your body weight to create movement and momentum
- Keep your load close

### Checkpoints of Good Body Mechanics

- The following stance is 'key' for good body mechanics:
- Ears over shoulders, shoulders over hips
  - Bend at the knees, bend at the hips, tighten tummy
  - Elbows tucked in
  - Safe effective grip
  - Stay within your comfort zone
  - Use a weight transfer



## Personal Health

The ability to move our body in a healthy and effective way is partially influenced by our personal health.

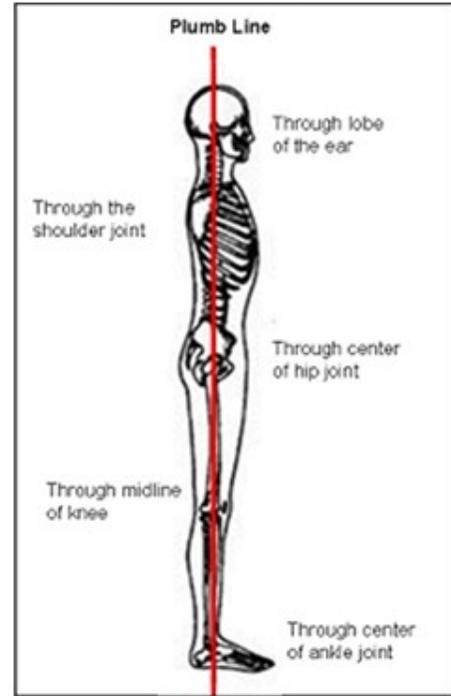
Four key factors to personal health are:

1. Healthy Eating - how is your nutrition?
2. Physical Activity - how active are you?
3. Sleep - are you getting enough?
4. Stress - how is it affecting you?

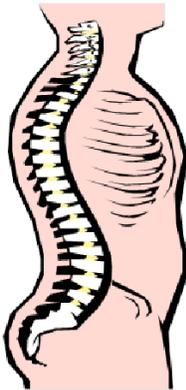
### Good posture is so important!

The effects of poor posture are many, including:

- Abnormal stress to the spine
- Degeneration of joints, muscles and ligaments
- Affects position and function of organs
- Constricts nerve and blood vessels
- Increases fatigue

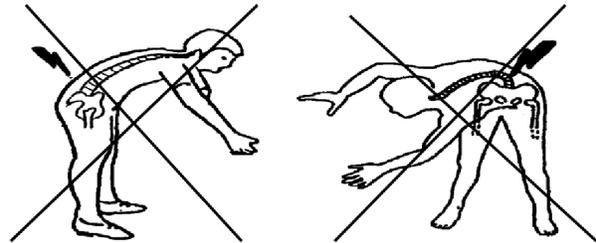


### Your back has 4 natural curves making a Gentle "S"



The most effective position for the spine is a gentle "S", not a straight back. The gentle "S" position results in the least strain and stress on the back.

### Moves to Avoid



The muscles in the back are not designed for lifting or moving heavy loads. Avoiding these moves will put less strain on your back.



For more information and resources for  
**Older Adults, contact**  
**Forever...in motion at**  
**(306)844-4080**



Reference: Saskatchewan Association for Safe Workplaces in Health (SASWH). (2011). Transferring Lifting Repositioning (TLR) program Trainer's Guide - 3rd edition.