

**BODY MECHANICS - Standing Activities**

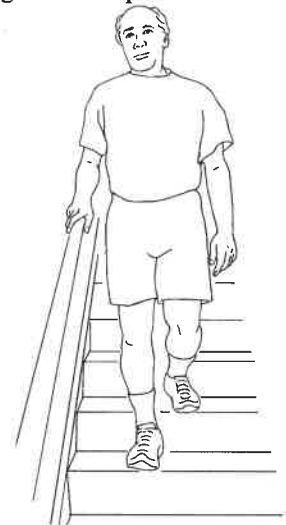
During any prolonged standing activity (e.g., ironing, washing dishes, chopping vegetables), elevate one foot on a stool or on the shelf under the kitchen sink.



Alternate feet.

**BODY MECHANICS - Going Down Steps**

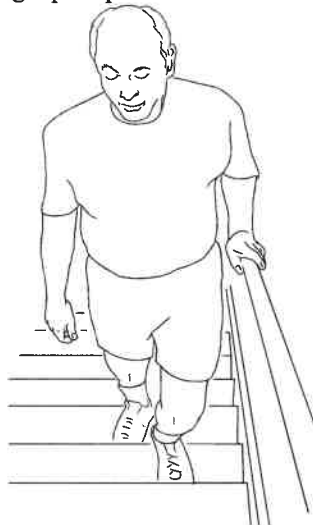
Stay close to rail. Back straight, chest up. Support on rail as necessary. Keep feet and knees straight. Support on upper leg as you descend to next step.



Do not go down steps sideways.

**BODY MECHANICS - Going Up Steps**

Stay close to rail. Back straight, chest up. Push, don't pull, with hand on rail.



Push with knee of upper leg as you go up the step.

**BODY MECHANICS - Computer Work**

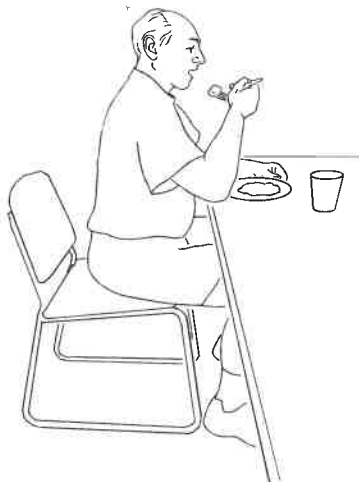
"Perch" on edge of chair or use a saddle-type seat. Keep natural arch in lower back. Adjust height of table and stool so that you can look straight ahead or slightly down at monitor.



Use back support only as necessary. Consider use of computer glasses as needed.

**BODY MECHANICS - Eating**

Sit, protecting natural arch in low back. Bring food to mouth, not mouth to food.



Do not lean on elbows or arms.

**BODY MECHANICS - Housework: Sweeping**

**DO:** Keep broom close to body. Keep back straight. Minimize bending and rotation of the back. Bend knees to avoid back strain. Sweep with short motions. Walk over to corners and hard-to-reach areas.

**DON'T:** Reach with broom into corners and hard-to-reach areas.

