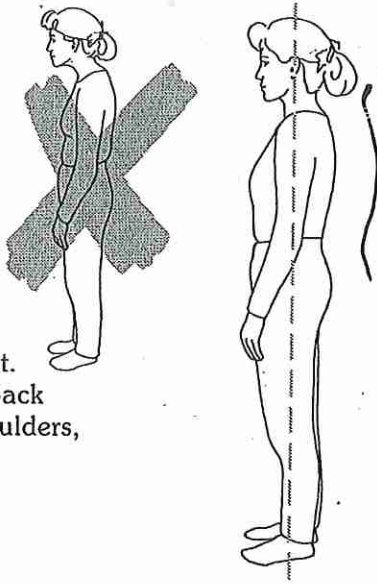


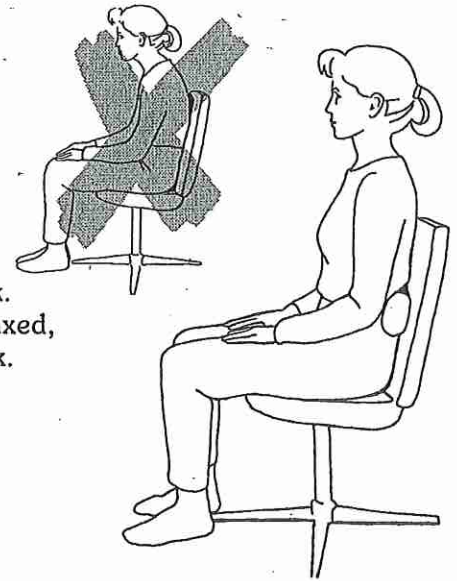
**POSITIONING - 4
Posture - Standing**



Good posture is important. Avoid slouching and forward head thrust. Maintain curve in low back and align ears over shoulders, hips over ankles.

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**POSITIONING - 6
Posture - Sitting**



Sit upright, head facing forward. Try using a roll to support low back. Keep shoulders relaxed, avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods.

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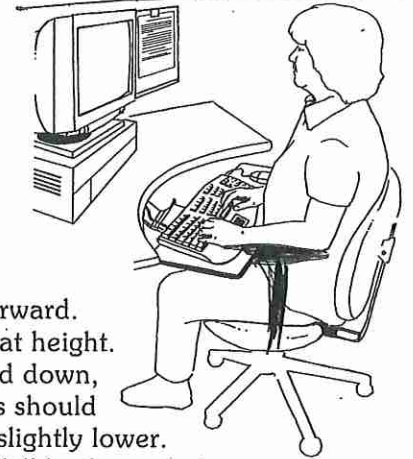
**POSITIONING - 5
Standing**

For prolonged standing, alternate placing one foot in front of the other or on stool. Wear low heeled shoes and maintain good posture.



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**POSITIONING - 13
Computer Work**



Position work to face forward. Use proper work and seat height. Keep shoulders back and down, wrists straight. Forearms should be level with elbows or slightly lower. Use chair that provides full back support. Add footrest and lumbar roll as needed.

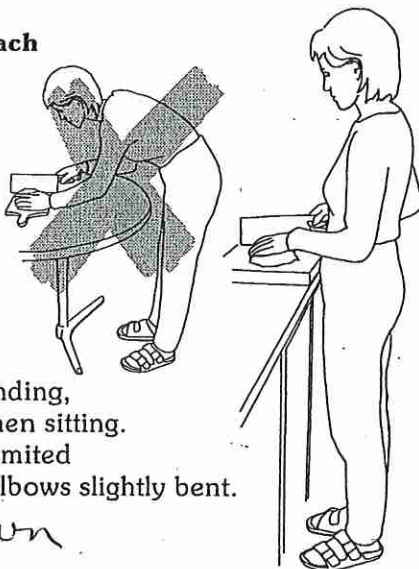
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**POSITIONING - 10
Work Height and Reach**

Ideal work height is no more than 2 to 4 inches below elbow level when standing, and at elbow level when sitting. Reaching should be limited to arm's length with elbows slightly bent.

OK sit down

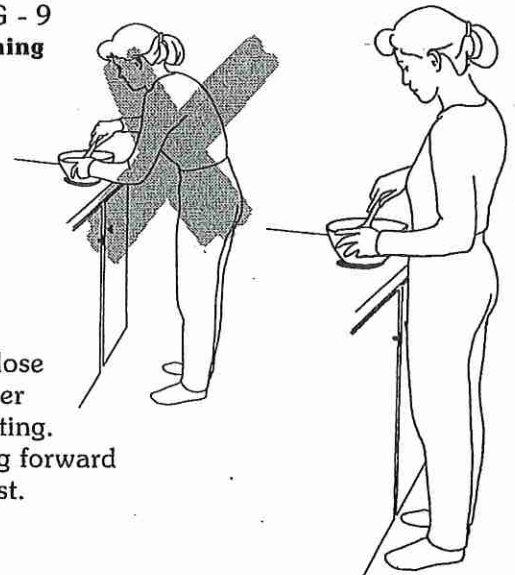
Copyright VHI 1995



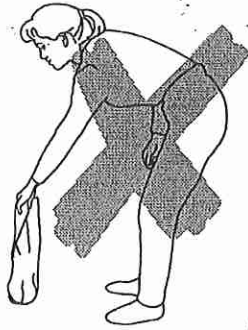
**POSITIONING - 9
Work Positioning**

Position self close to work whether standing or sitting. Avoid straining forward at neck or waist.

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MOVEMENT - 1
Bending



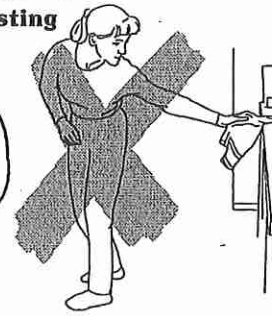
Bend at hips and knees, not back. Keep feet shoulder width apart.

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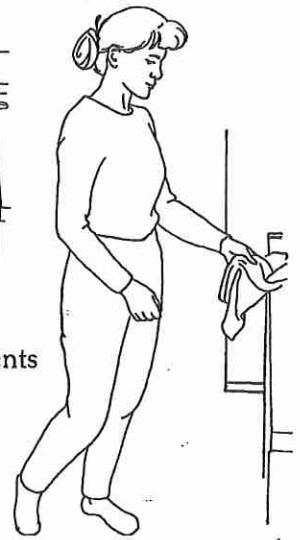
The 2 worst things!

MOVEMENT - 2
Avoid Twisting

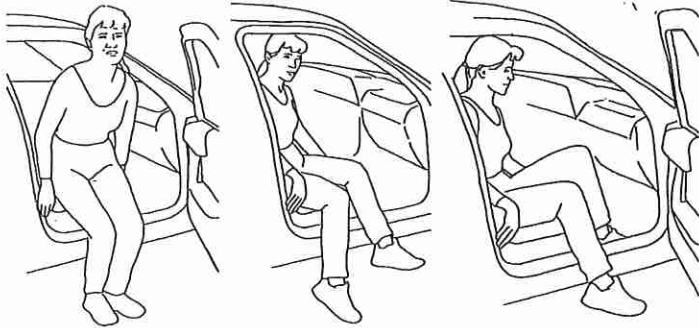


Avoid twisting or bending back. Pivot around using feet movements and bend at knees if needed when reaching for articles.

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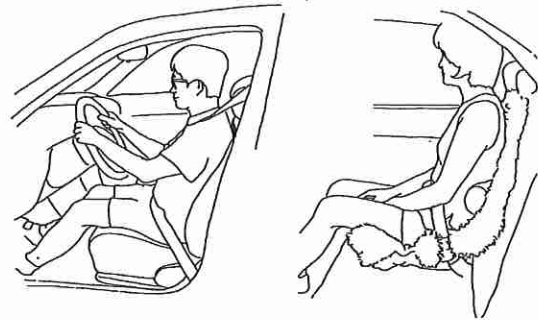
MOVEMENT - 9
Getting Into / Out of Car



Lower onto seat, scoot back then bring one leg in at a time. Reverse to get out.

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POSITIONING - 12
Car



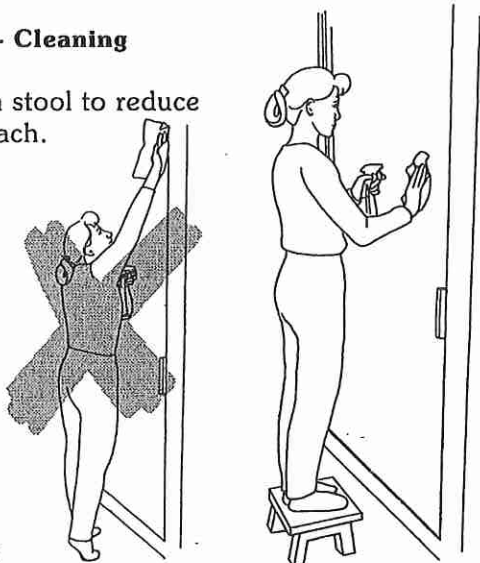
Before driving, adjust seat and steering (if tilt control) to ensure good posture.

Lambskin and a lumbar roll can be used for positioning whether riding or driving.

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ADL - 22
Housework - Cleaning

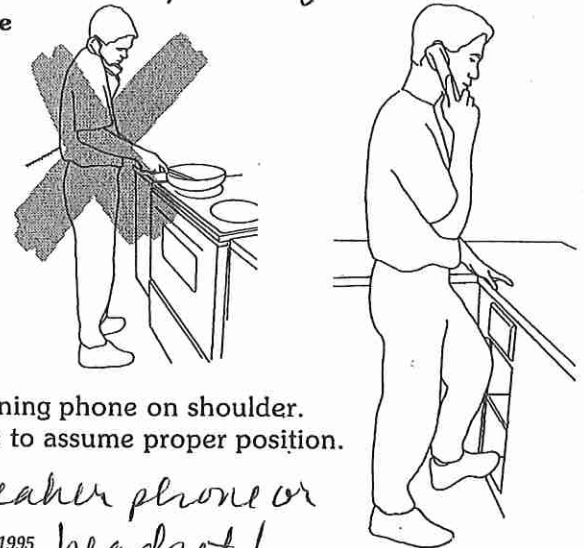
Raise self on stool to reduce overhead reach.



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ADL - 5
Telephone

very, bad for your neck!



Avoid leaning phone on shoulder. Take time to assume proper position.

use speaker phone or headset!

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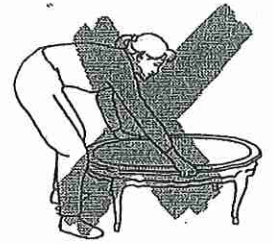
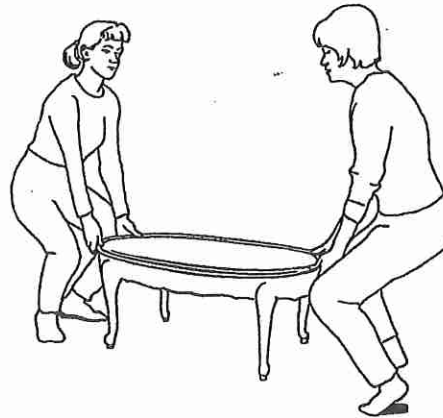
②

LIFTING - 11
Lifting Principles

- Maintain proper posture and head alignment.
- Slide object to be lifted as close as possible.
- Move obstacles out of the way.
- Test before lifting, ask for help if too heavy.
- Tighten stomach muscles without holding your breath.
- Use smooth movements, do not jerk.
- Use legs to do the work and pivot with your feet.
- Distribute the workload symmetrically and close to the center of trunk.
- Push instead of pull whenever possible.

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LIFTING - 2
Ask For Help

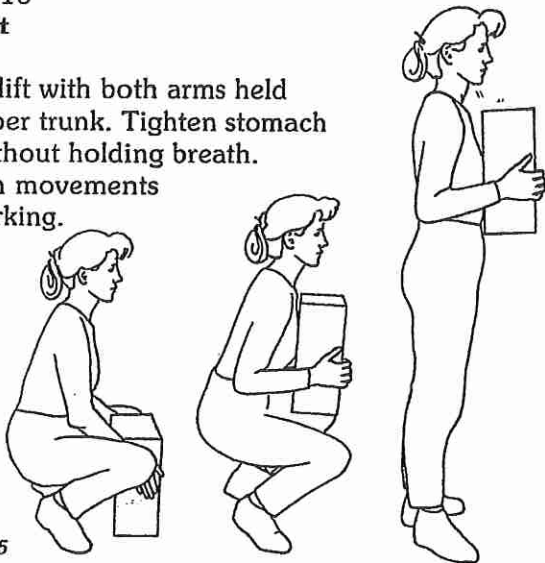


Ask for help and delegate to others when possible. Coordinate your movements when lifting together and maintain the low back curve.

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LIFTING - 10
Deep Squat

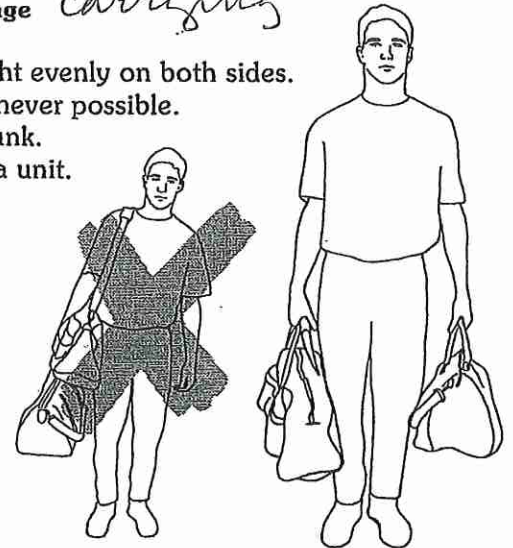
Squat and lift with both arms held against upper trunk. Tighten stomach muscles without holding breath. Use smooth movements to avoid jerking.



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LIFTING - 6 *Bend elbows when carrying*
Carrying Luggage

Distribute weight evenly on both sides. Use a cart whenever possible. Do not twist trunk. Move body as a unit.



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LIFTING - 3
Low Shelf

Squat down and bring item close to lift.



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LIFTING - 9
One Knee

Slide object up one thigh and hold close at waist level with both hands before standing up.



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LIFTING - 8
Car Trunk - Reaching Down

Maintain curve of low back when reaching into a deep trunk. Can also lift opposite leg backwards to keep back straight while using hand for support.



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LIFTING - 7
Car Trunk - Unloading

Place one foot on bumper to slide items close before lifting.

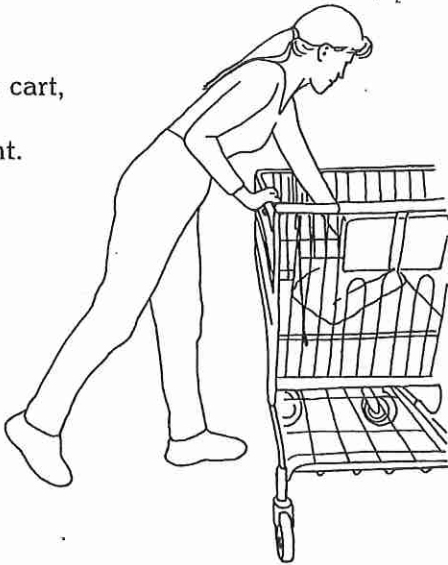
to stabilize pelvis



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LIFTING - 5
Cart

When reaching into cart, lift opposite leg to keep back straight.



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ADL - 6
Refrigerator



Squat with knees apart to reach lower shelves and drawers.

Bottom freezer drawers are best ergonomically

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MOVEMENT - 12
Pushing / Pulling

Pushing is preferable to pulling. Keep back in proper alignment and use leg muscles to do the work.



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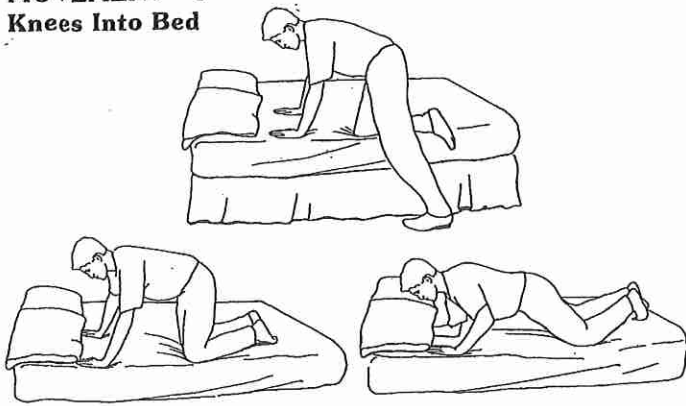
ADL - 19 *Use arms + legs + stance,*
Housework - Vacuuming *upright*



Hold the vacuum with arm held at side. Step back and forth to move it, keeping head up. Avoid twisting.

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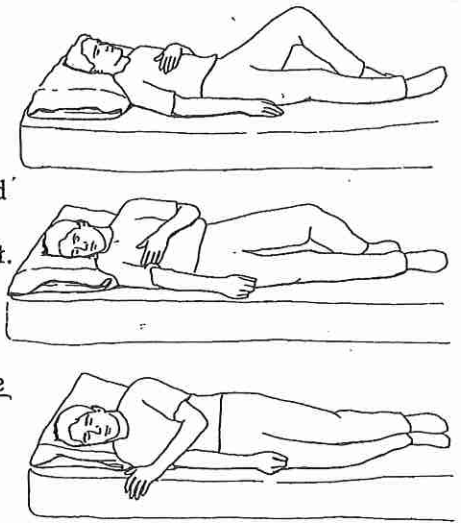
**MOVEMENT - 5
Knees Into Bed**



Get on hands and knees before lowering self. Reverse process to get up.

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**MOVEMENT - 3
Log Roll**



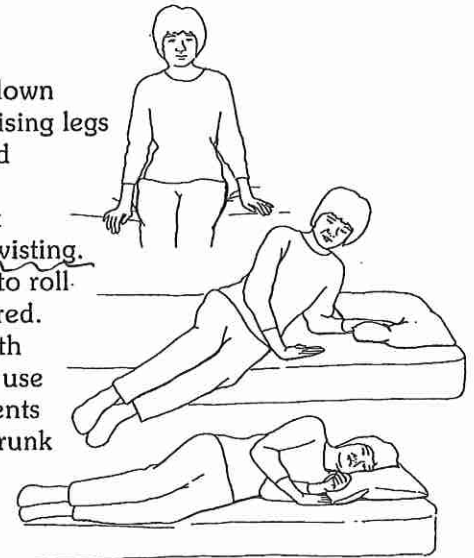
Lying on back, bend left knee and place left arm across chest. Roll all in one movement to right. Reverse for rolling to left. Always move as one unit.

No trunk twisting!

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**MOVEMENT - 4
In/Out of Bed**

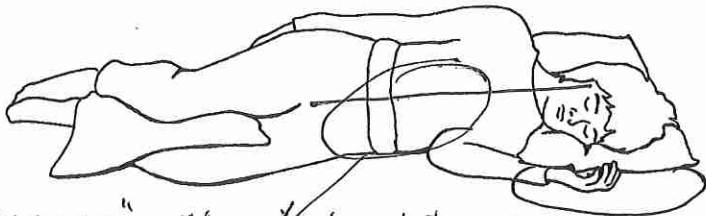
Lower self to lie down on one side by raising legs and lowering head at the same time. Use arms to assist moving without twisting. Bend both knees to roll on to back if desired. To sit up, start with lying on side and use the same movements in reverse. Keep trunk aligned with legs.



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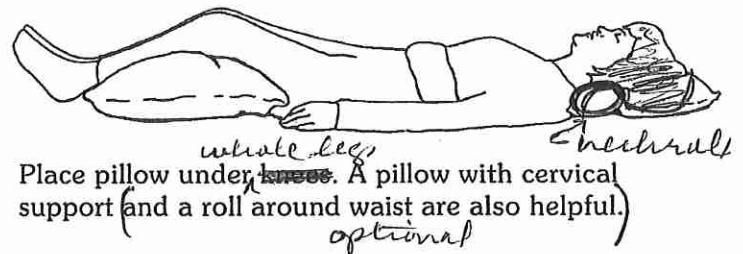
**POSITIONING - 2
Sleeping on Side**

Spine should be straight (from the front) and keep normal curves in neck + low back
Place pillow between ~~feet~~ ^{legs to support whole upper leg}. Use cervical support under neck and a roll around waist as needed.



"Hugger" pillow in front to support upper arm. Don't hug it - just rest forearm
Copyright VHI 1995 + hand on it.

**POSITIONING - 1
Sleeping on Back**

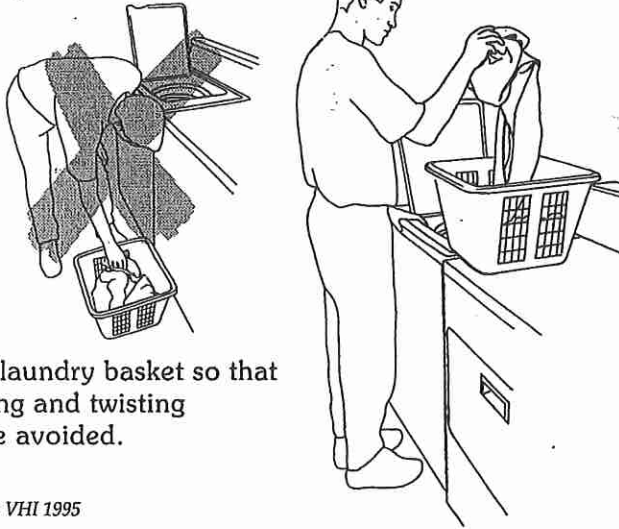


Place pillow under ^{whole leg} ~~knee~~. A pillow with cervical support (and a roll around waist are also helpful).
optional

Nothing under head, just soft neckroll under neck

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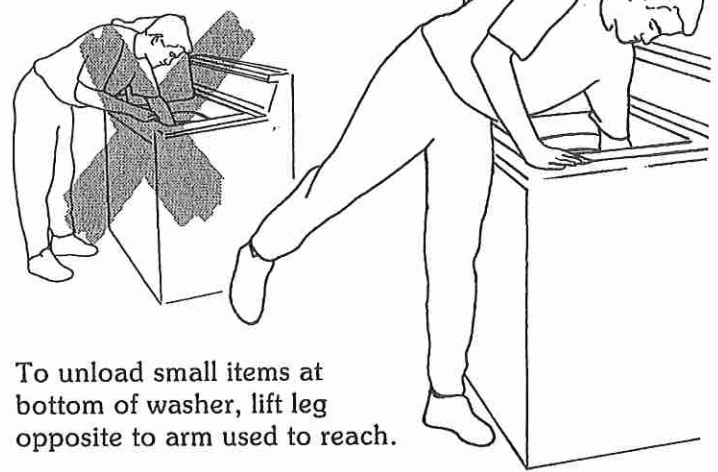
**ADL - 13
Laundry - Loading Wash**



Place laundry basket so that bending and twisting can be avoided.

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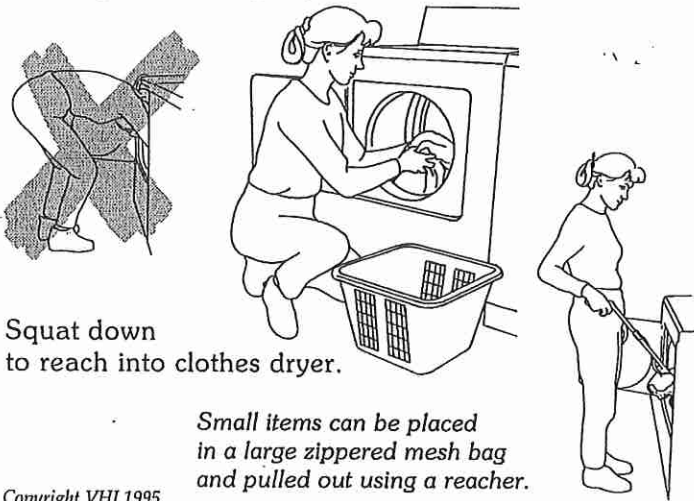
**ADL - 14
Laundry - Unloading Wash**



To unload small items at bottom of washer, lift leg opposite to arm used to reach.

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**ADL - 16
Laundry - Unloading Dryer**

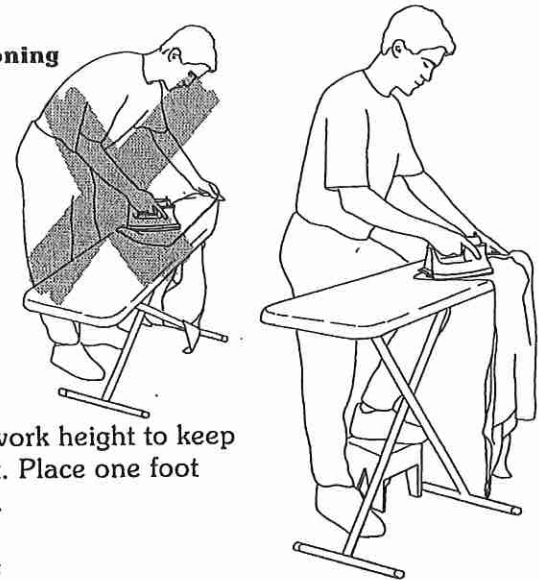


Squat down to reach into clothes dryer.

Small items can be placed in a large zippered mesh bag and pulled out using a reacher.

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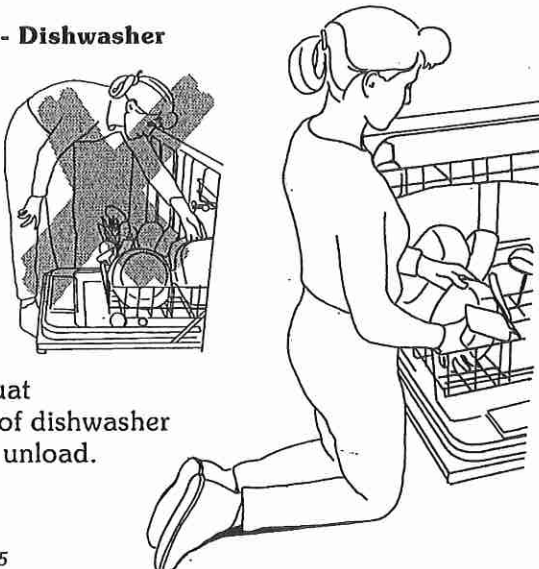
**ADL - 12
Laundry - Ironing**



Use proper work height to keep back straight. Place one foot on low stool.

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**ADL - 7
Housework - Dishwasher**



Kneel or squat to one side of dishwasher to load and unload.

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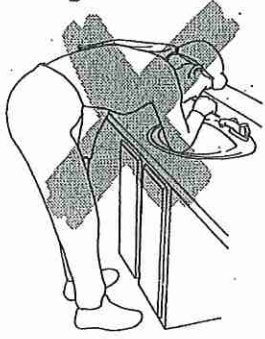
**ADL - 15
Laundry Basket**

Squat down and hold basket close to stand. Use leg muscles to do the work.



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ADL - 4
Brushing Teeth

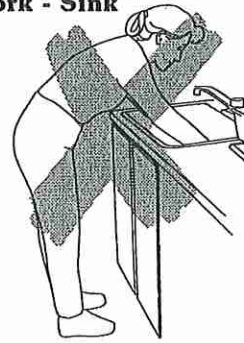


Place one foot on ledge and one hand on counter. Bend other knee slightly to keep back straight.

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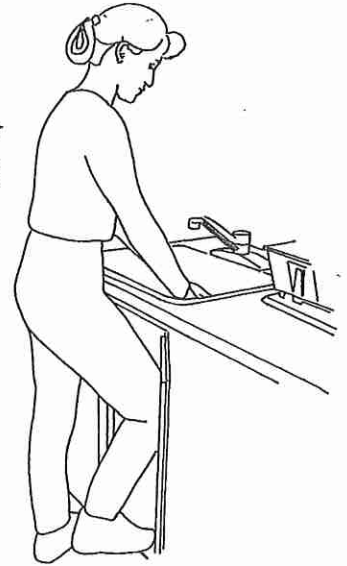


ADL - 8
Housework - Sink

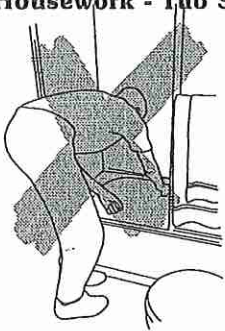


Place one foot on ledge of cabinet under sink when standing at sink for prolonged periods.

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There are long-handled scrubby things for all tasks.
ADL - 18
Housework - Tub Scrub



Kneel down and use long-handled sponge or brush to reach.

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ADL - 11
Housework - Bed

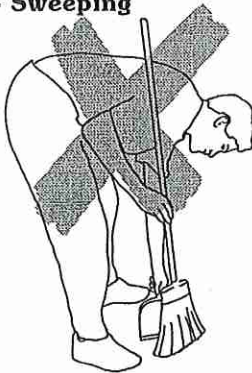


Use light bedding such as a down comforter. Place one knee up on bed to reach when making bed. Use extra depth fitted sheets and squat down when tucking corners.

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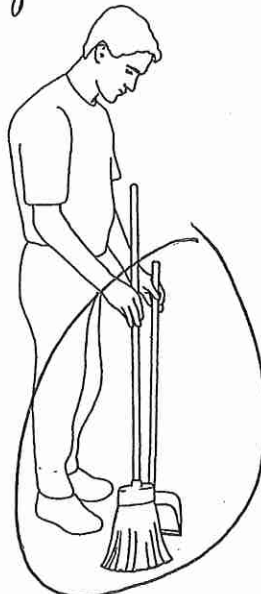


Don't hurt your back for dust!
ADL - 17
Housework - Sweeping

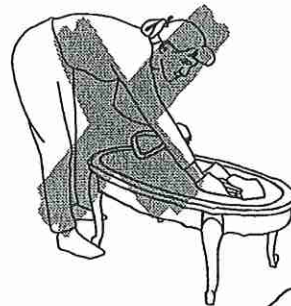


Use long-handled equipment to avoid stooping.

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ADL - 20
Housework - Wiping



Position self as close as possible to reach work surface. Avoid straining your back.

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ADL - 25
Gardening - Shoveling



Push from end of handle shifting body weight from back leg to front. Keep knees bent and avoid twisting your back.



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ADL - 26
Gardening - Raking



Move close to area to be raked. Use arm movements to do the work. Keep back straight and avoid twisting.

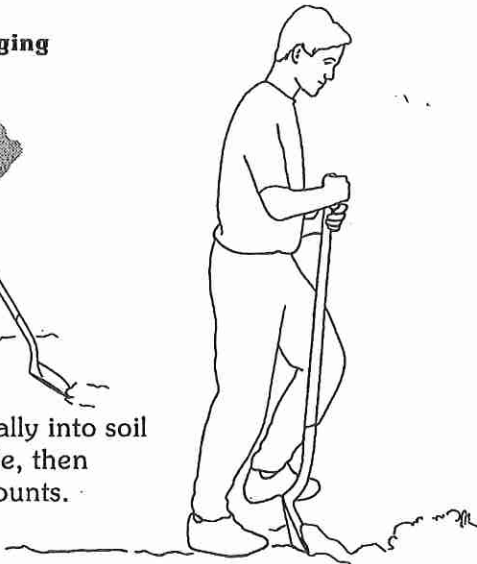


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ADL - 24
Gardening - Digging

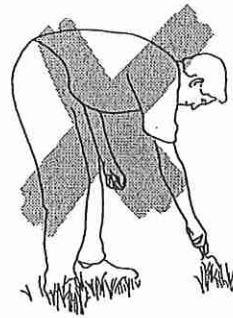


Insert tool vertically into soil and step on blade, then lift out small amounts.



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ADL - 27
Gardening - Weeding/Planting



Squat or kneel. Knee pads may be helpful.



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ADL - 23
Gardening - Mowing



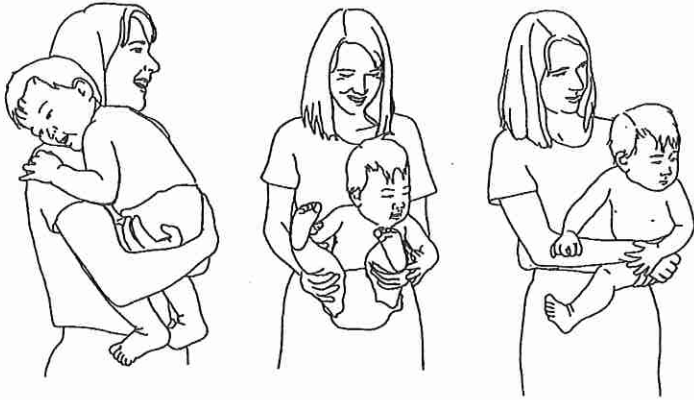
Keep arms close to sides and walk with lawn mower.



Don't mow with your back!
mow with your arms & legs & stay upright

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ADL - 30
Childcare - Carrying



Keep baby close and as upright as possible.

Switch sides so you aren't carrying on same hip all the time

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ADL - 31
Childcare - Holding

Use pillows to help position during feeding.

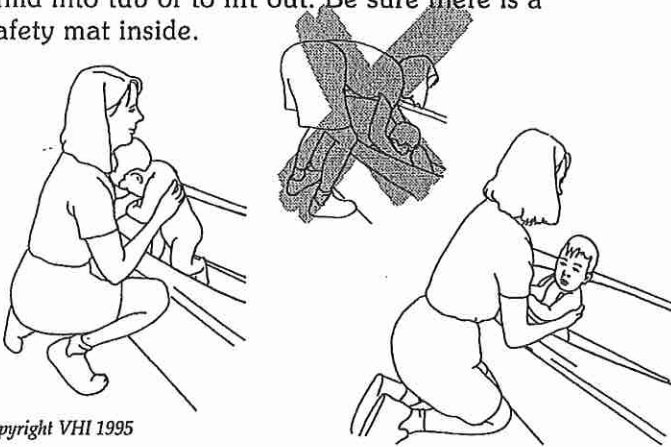
you get comfy first!



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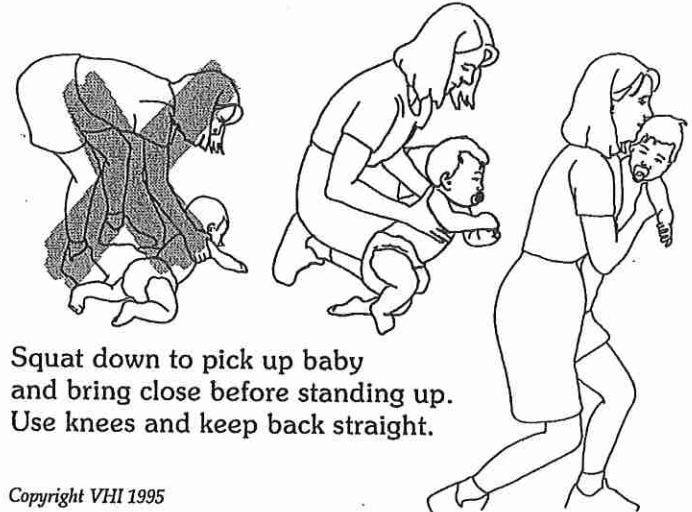
ADL - 33
Childcare - In / Out of Tub

Squat or kneel down close to edge of tub to lower child into tub or to lift out. Be sure there is a safety mat inside.



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ADL - 29
Childcare - Picking Up from Floor

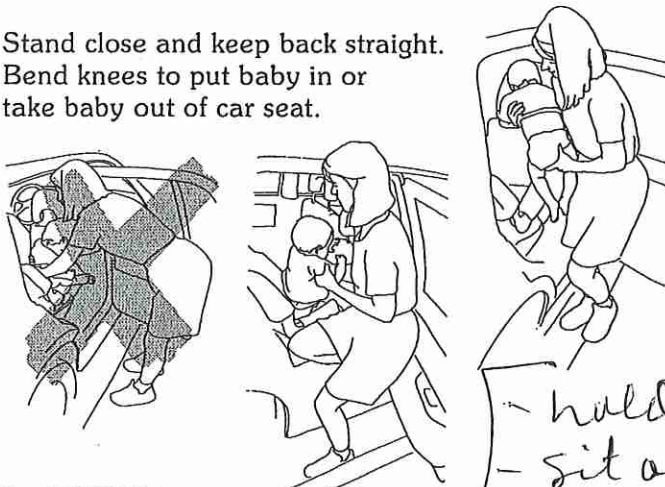


Squat down to pick up baby and bring close before standing up. Use knees and keep back straight.

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ADL - 32
Childcare - In / Out of Car

Stand close and keep back straight. Bend knees to put baby in or take baby out of car seat.



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*- hold baby
 - sit on car seat
 - put baby into their seat*