

When working with residents, whether providing care tasks or assisting with a gait belt transfer, it's important to keep the resident close to you. Keeping your work close to your body allows for proper positioning and better body mechanics.

When a 10-pound chair is moved by your torso outside of your base of support, it can cause extra strain on your lower back. **Ten pounds** of force, moving your torso outside your base of support causes **1,150 pounds** of strain on your lower back.

Activity

1. Stand behind a chair with your arms out. Lift the chair while keeping it away from your body.
2. Next, stand behind the chair, but this time keep it close to your body. Lift the chair keeping your elbows by your side.

Discussion

1. Which lift felt easier?
2. What did you do differently with each lift?
3. What other care tasks that you perform could be done by keeping the work close to your body?

Distance of object from body during lifting
depicted by yellow line

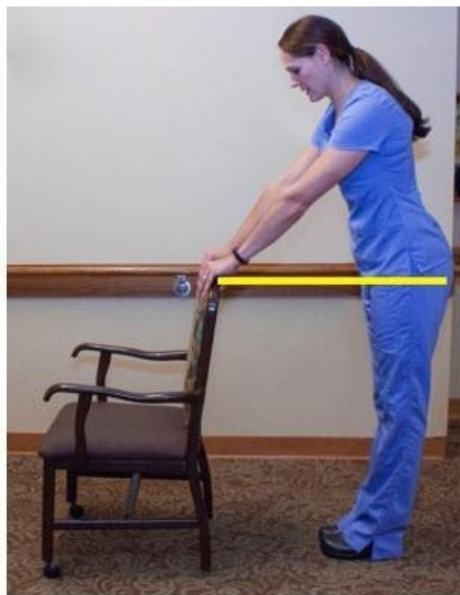


Figure 1: Improper lifting with object far from the body and moving the torso outside of your base of support.



Figure 2: Proper lifting with object close to the body and staying within your base of support in a power stance.