Name

Date

Body Mechanics and Movement

1. Fill in the blanks: Using proper body mechanics can prevent

 , help

speed up if you already have an injury and further injury after your back has healed.

1. Multiple choice: Which of the following is not recommended in body mechanic basics?
	1. Maintain a wide base of support.
	2. Hold objects as close to you as possible.
	3. Pull rather than push.
	4. Keep your back in a natural curve.
2. Name one suggestion to avoid fatigue and injury when standing for long periods of time.
3. Why is it important to use a step stool when doing activities that are above chest level?
4. What is the other alternative to using a step stool?
5. Fill in the blank: How you sleep can have a great impact on your and

 \_.

1. How many natural curves doe the spine have and where are they?
2. Why is it important to maintain these curves?
3. When should you follow the basic rules of posture?
4. Who should you contact if you have any questions?