

# Checkpoints to *Safe Body Mechanics*

## Safe Stance

- feet shoulder width apart
- parallel or stride

## For the top

- ears over shoulders
- shoulders over hips

## For the bottom

- bend at the knees
- bend at the hips
- “sit” into it
- tighten core

## Safe effective grip

- neutral wrists
- elbows close to your sides
- thumbs up or out

## Comfort zone

- vertical and horizontal zone
- keep the load close

## Weight transfer

- side to side
- front to back

