**2.01 Body Mechanics Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Handout**

1. Demonstrates broad base of support:

a. Keeps feet 6"-8" apart \_\_\_\_

b. Puts one foot slightly forward \_\_\_\_

c. Points toes in direction of movement \_\_\_\_

2. Picks up heavy object:

a. Gets close to object \_\_\_\_

b. Maintains broad base of support \_\_\_\_

c. Bends from hips and knees \_\_\_\_

d. Uses strongest muscles \_\_\_\_

3. Carries heavy object:

a. Keeps object close to the body \_\_\_\_

b. Uses strongest muscles \_\_\_\_

4. Changes direction:

a. Maintains broad base of support \_\_\_\_

b. Turns with feet and entire body \_\_\_\_

5. Places heavy object:

a. Keeps close to body \_\_\_\_

b. Maintains broad base of support \_\_\_\_

c. Bends from hips and knees \_\_\_\_

d. Keeps back straight \_\_\_\_

e. Uses strongest muscles \_\_\_\_

6. Pushes heavy object:

a. Gets close to object \_\_\_\_

b. Maintains broad base of support \_\_\_\_

c. Uses weight of body \_\_\_\_

d. Keeps back straight \_\_\_\_

Students must safely complete 90% of the steps to pass.

Passing date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluator \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments: