**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: