



**STUDENT**  
**Health Services**  
at the Wilce Student Health Center

Wilce Student Health Center  
The Ohio State University  
1875 Millikin Rd.  
Columbus, OH 43210  
(614) 292-4321



Information From Your  
Wilce Student Health Center Provider  
<http://shs.osu.edu>

## PROPER POSTURE AND BODY MECHANICS

### Proper Posture

- **Standing**
  - Avoid slouching.
  - Avoid forward head thrust.
  - Align ears over shoulders, hips and over ankles.
  - Maintain curve in low back.
- **Sitting**
  - Avoid crossing legs for long periods.
  - Sit upright, head facing forward.
  - Keep shoulders relaxed.
  - Avoid rounding back.
  - Try using a roll to support low back.
  - Keep hips level with knees.
- **Driving**
  - Adjust seat and steering to ensure proper sitting posture.
  - Lumbar roll can be used for positioning whether riding or driving.
- **Reading**
  - Hold material in a tilted position.
  - Maintain proper sitting posture.
- **Computer**
  - Position work to face forward.
  - Use proper work and seat height.
  - Use footrest and lumbar roll as needed.
  - Keep shoulders back and down.
  - Keep wrists straight and elbows at right angles.
- **Prolonged Standing**
  - Alternate placing one foot in front of the other or on a stool.
  - Wear low-heeled shoes.
  - Maintain good posture.
- **Bending**
  - Bend at the hips and knees, not back.
  - Keep feet shoulder width apart.

- **Lifting Principles**
  - Maintain proper posture and head alignment.
  - Slide object to be lifted as close as possible.
  - Move obstacles out of the way.
  - Test before lifting; ask for help if too heavy.
  - Tighten stomach muscles without holding your breath.
  - Use legs to do the work and pivot with your feet.
  - Push instead of pull whenever possible.
  - Distribute the workload evenly and keep close to the center of the trunk.
- **Sleeping on Stomach**
  - Place pillow under lower legs, and under stomach or chest as needed.
- **Sleeping on Side**
  - Place pillow between knees.
  - Use cervical support under neck and around waist.
- **Sleeping on Back**
  - Place pillow under knees.
  - A pillow with cervical support and a roll around waist are helpful.