

Work Smarter



Use proper body mechanics during forcible entry.

Photos courtesy of Phoenix Fire Department.

Follow these tips to improve your safety and fitness on the job.

Use these proper body mechanics methods to prevent musculoskeletal injury during forcible entry:

- Pivot at the ankle to maintain ankle, knee and hip alignment.
- Move hips, knees and ankles at the same rate to ensure alignment.
- Maintain a neutral spine, and hinge at the hips.
- Power should come from the hips rather than the back and arms.
- Keep your eyes on the target.

Download or order your free copy* of the U.S. Fire Administration's "Emergency Services Ergonomics and Wellness" handbook to learn more corrective measures to help increase the safety of emergency responders, reduce the costs of worker's compensation claims, maximize the longevity of emergency service careers, and assist with sending personnel into healthy retirements.

*Quantity restrictions apply.



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