

# Work Smarter



## Use proper body mechanics when handling a hoseline.

Photos courtesy of Phoenix Fire Department.

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

Use these proper body mechanics to reduce the risk of injury when pulling hoseline:

- Do not allow your arms to get behind your body; keep your elbows tucked in.
- Keep your hips, knees and ankles facing the same direction.
- Maintain a neutral spine, and hinge at the hips.
- Pivot or move your feet to change direction rather than by twisting your body.
- Keep your chest wide and open to prevent shoulder injury.

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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