

# Work Smarter



**Use proper body mechanics to unload and load equipment.**

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 your risk of injury when lifting and carrying equipment:

- Get as close to the fire apparatus as possible when reaching for equipment.
- Keep your hips, knees and ankles facing the same direction during lift and carry.
- Maintain a neutral spine, and hinge at the hips.
- Pivot or move your feet to change direction rather than twisting.
- Keep the tool or equipment as close to the body as possible.
- Keep your chest wide and open to prevent shoulder injury.
- Maintain a neutral wrist.
- Stop to adjust if necessary.

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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