

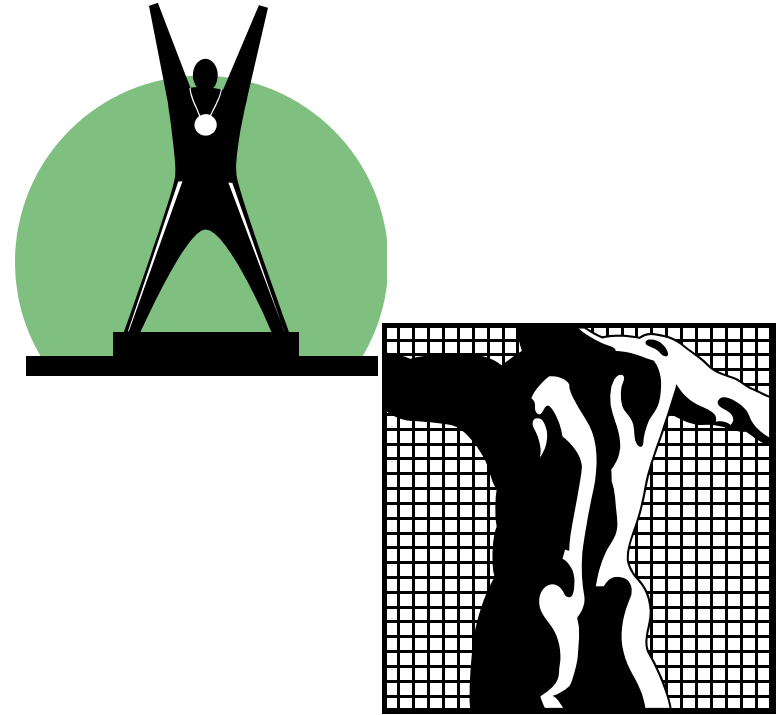
PERSONAL POWER

STRATEGIES AND TECHNIQUES TO IMPROVE PERSONAL
STRENGTH, BALANCE & MOVEMENT

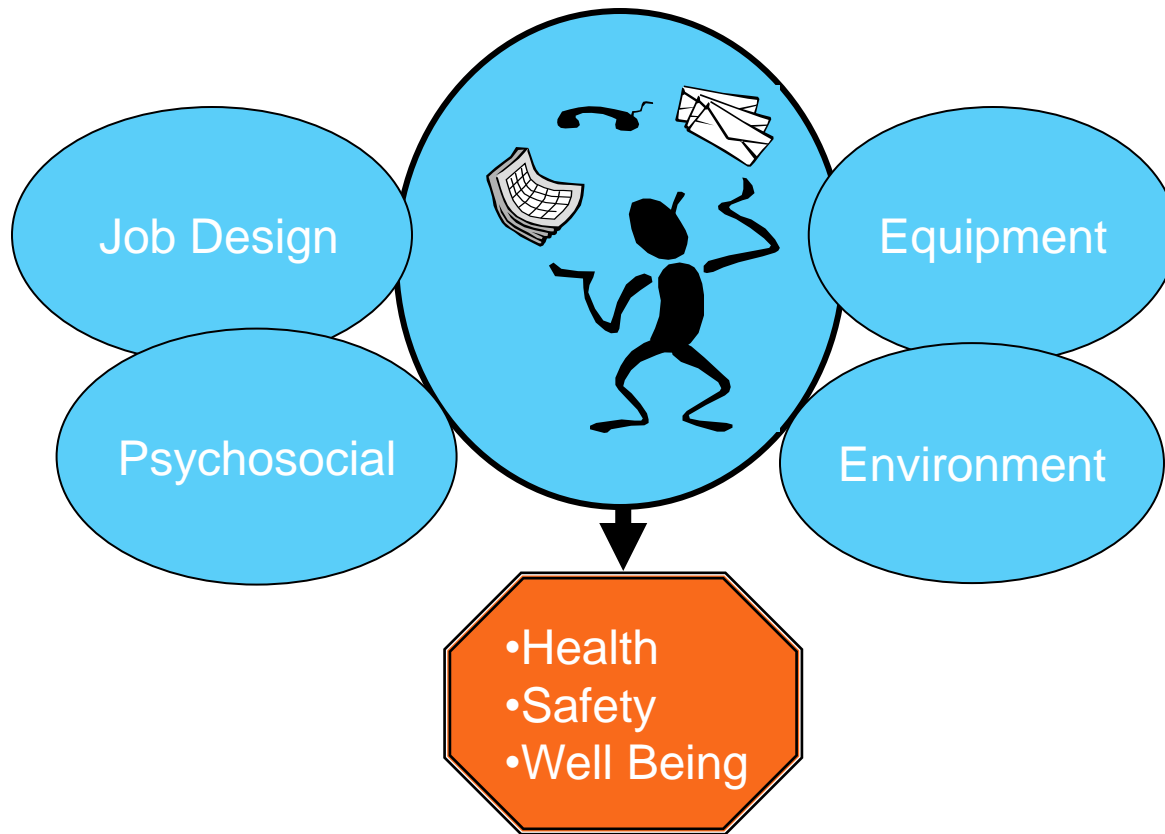


WORKWELL CONSULTING PRESENTS...

- **Personal Power**
- **Balance and Biomechanics**
- **Strategies and Techniques**



THE “HUMAN FACTOR”



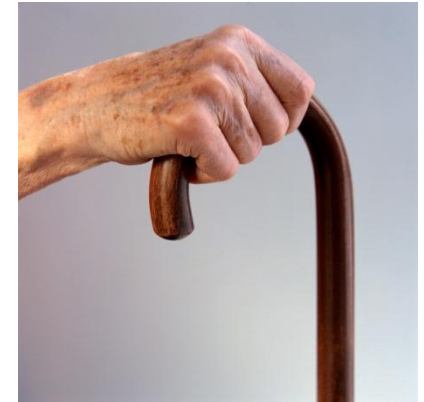
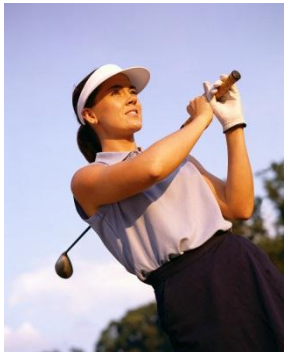
DO YOU...

- **Have young children or grandchildren?**
- **Have elderly relatives or friends?**
- **Play sports or other recreational activities?**
- **Experience balance issues?**
- **Think you may be getting older?**

HAND GRIPS



APPLICATIONS



HAND GRIPS

- Pinch grip
- Power grip



Avoid rapid, jerky,
and/or twisting
motions.



THE SHOULDER – A WEAK LINK

Neutral = Strong



Keep loads close to the body to reduce forces on the low back & shoulder.

Use a “power grip”



Pushing
reduces risk

Pulling
increases risk



WARM UP

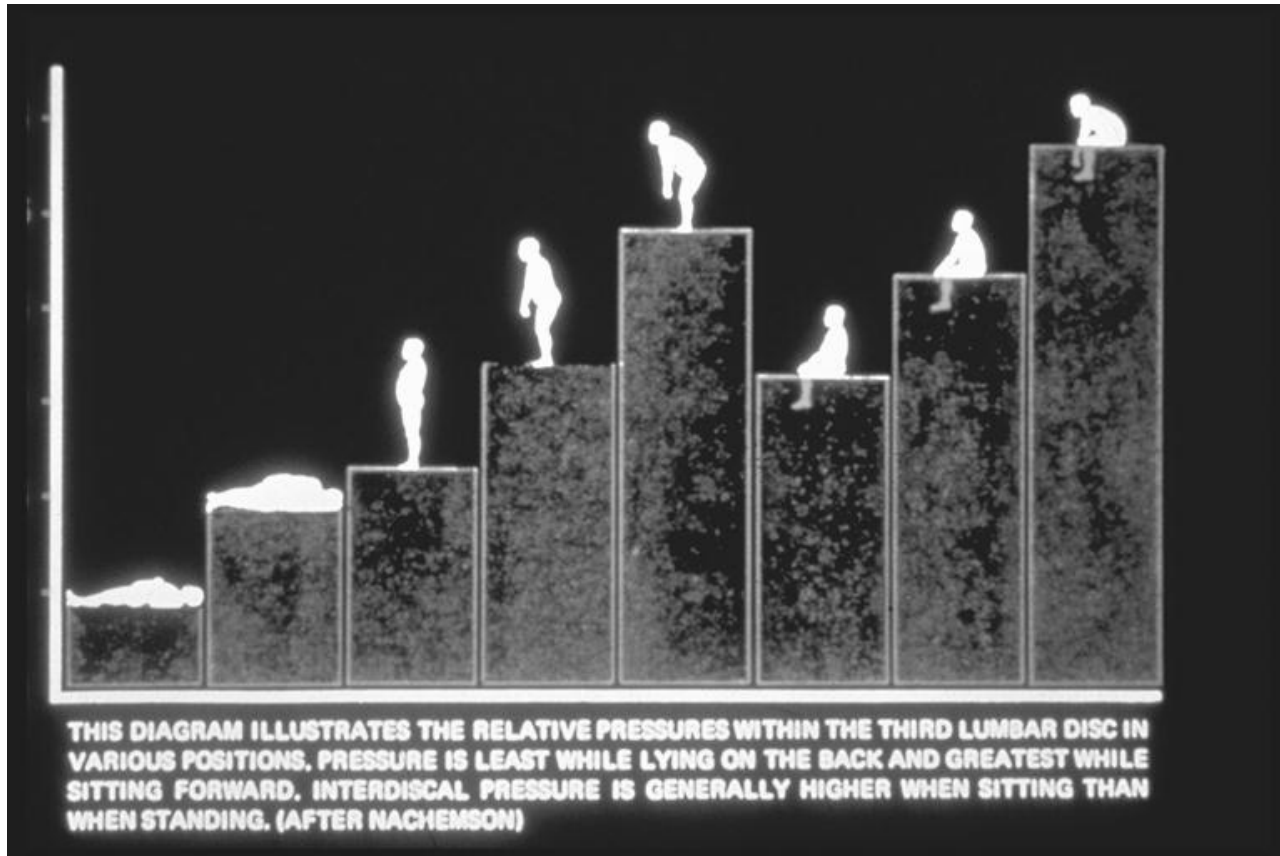
- **Windshield wipers**
- **Get Big – Get Small**



THE SPINE – A MARVEL OF ENGINEERING



EFFECTS OF SITTING ON THE BACK



TRADITIONAL LIFTING TECHNIQUES



NEUTRAL SPINE – “BUTT OUT & SIT” LIFT



The “BUTT OUT” posture



Poor lifting
technique



Good lifting
technique

The safest lift is
no lift!

Could this lift
have been
avoided?



Power Lift



Good lifting
technique can
reduce the hazard



Break the load
down!



Roll or slide
the object



Use proper
equipment



Bulky loads are awkward to lift.



Technique, and
assistance from
a co-worker



Awkward Lifts? Let gravity help...



Lift and Slide. Get help whenever possible.



ONE-HANDED CARRY



QUICK REVIEW:



POWER LEGS

LINE OF POWER



WE NEED OUR KNEES – BE KIND TO THEM



POWER LEGS

SPRING KNEES



POWER LEGS

LOOK WITH YOUR TOES



Scooping snow
or dirt is hard
work.

Could he do it
better?



- Take small scoops
- Use the legs
- Neutral spine
(tail out)
- Bend with knees & hips
- Breathe



Remember the
hand grip!

POWER LEGS

FRONT FOOT DRIVE



PREVENTION

- **Warm up and stretch**
- **Maintain a reasonable fitness level**
- **If injured - seek the advice of a sports physiotherapist**

SUMMARY

Power Hands



One Hand Lift & Carry



Sit to Stand



Power Legs



**IF I'D KNOWN I WAS GOING TO LIVE SO LONG I WOULD
HAVE TAKEN BETTER CARE OF MYSELF!**

Leon Eldred

