

UCR

Smart Body-Management

AT WORK
AT HOME
IN LIFE

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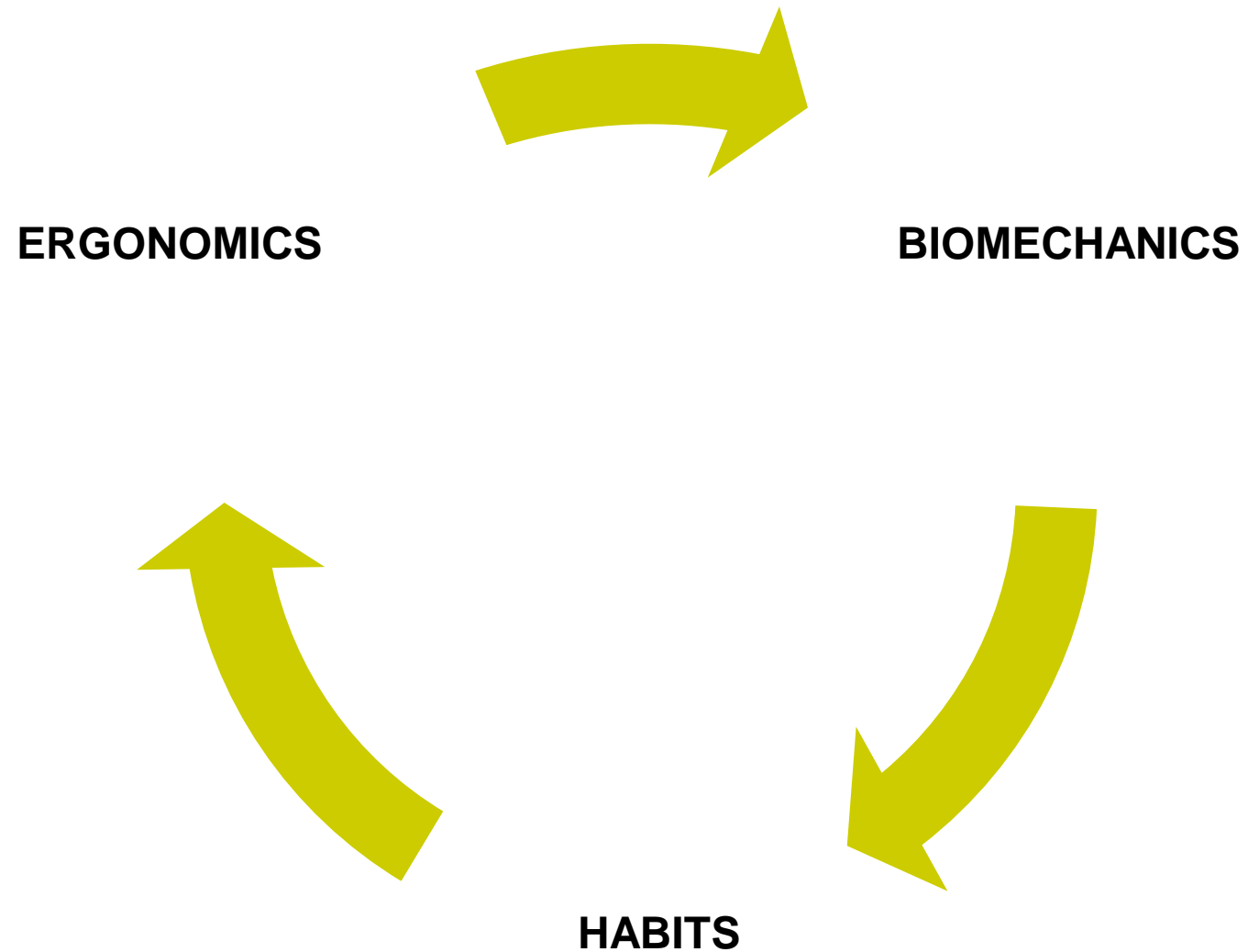
Mission

We provide HR leadership and expertise to create and support a high-performing, inclusive workplace which advances UCR's mission and strategic objectives.

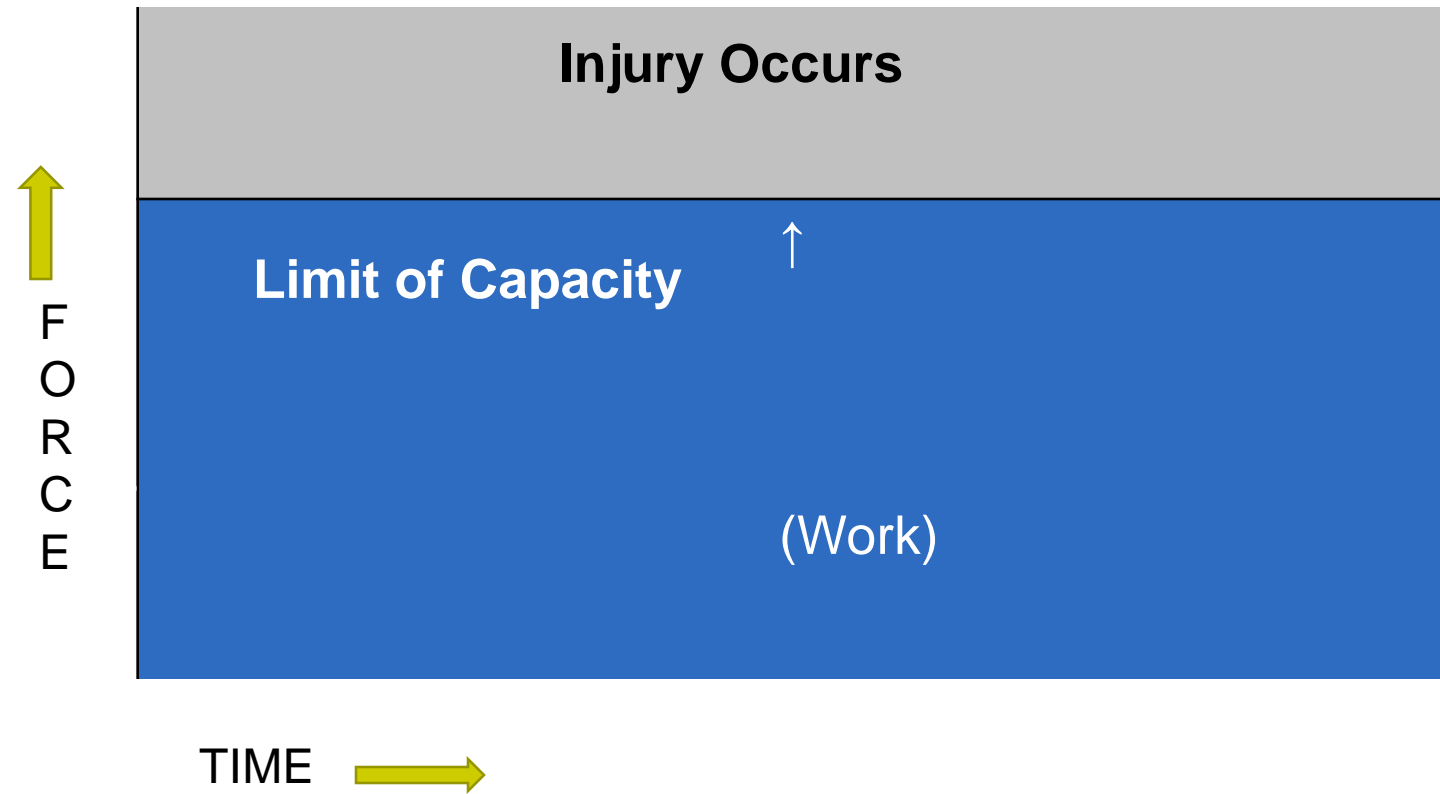
Vision

UCR HR is the benchmark in higher education for visionary and innovative HR strategies and exemplary service delivery.

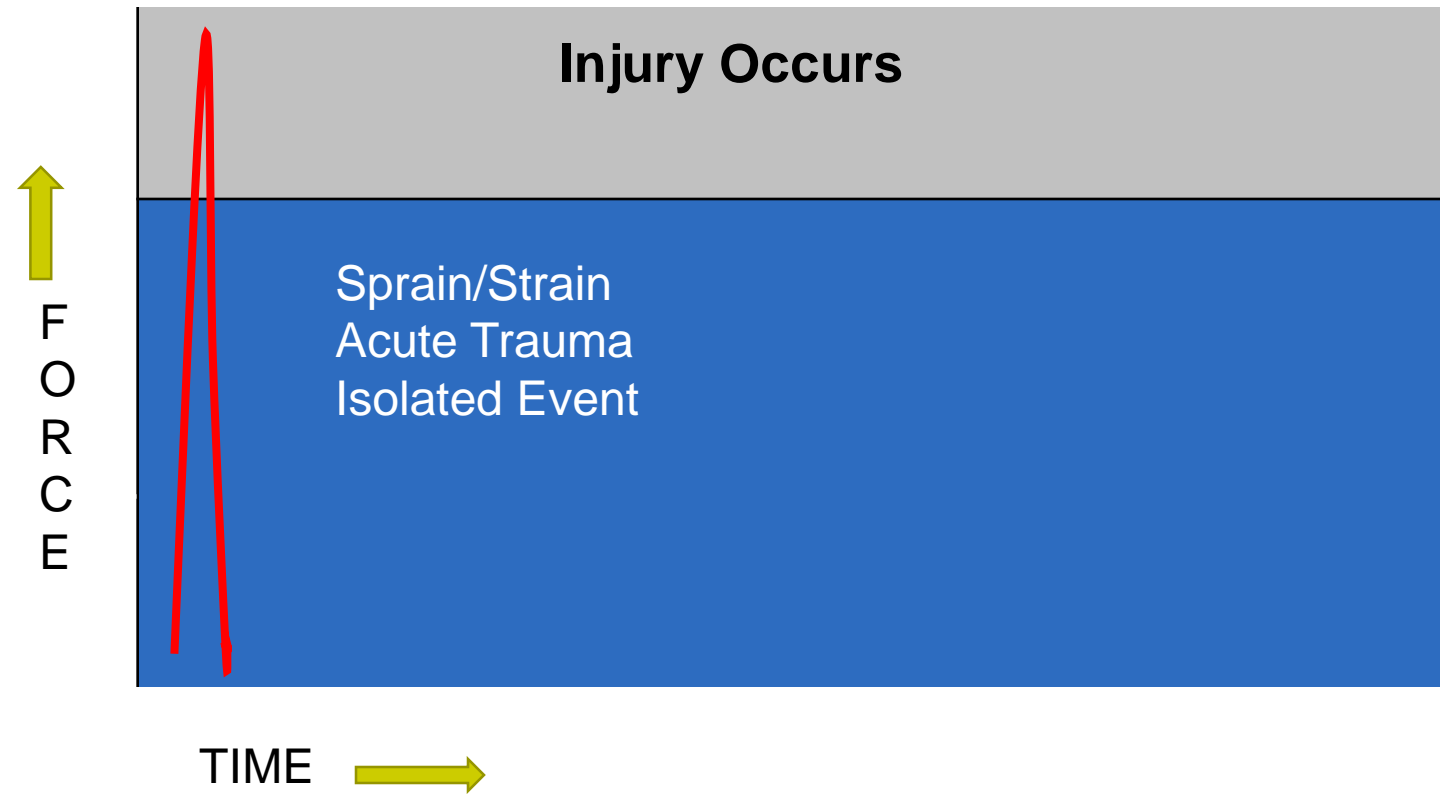
Injury Prevention Triad



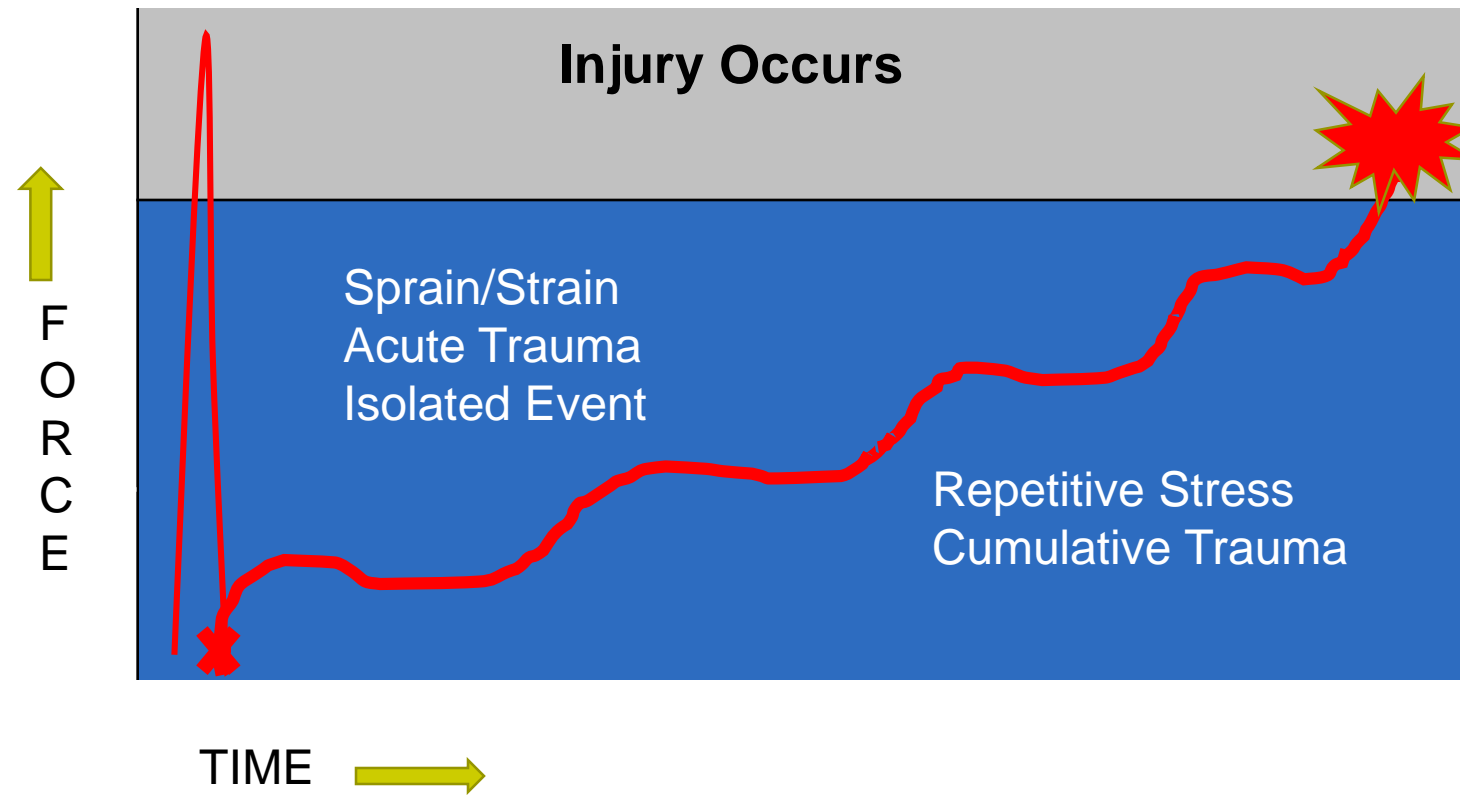
Mechanism of Musculoskeletal Injury



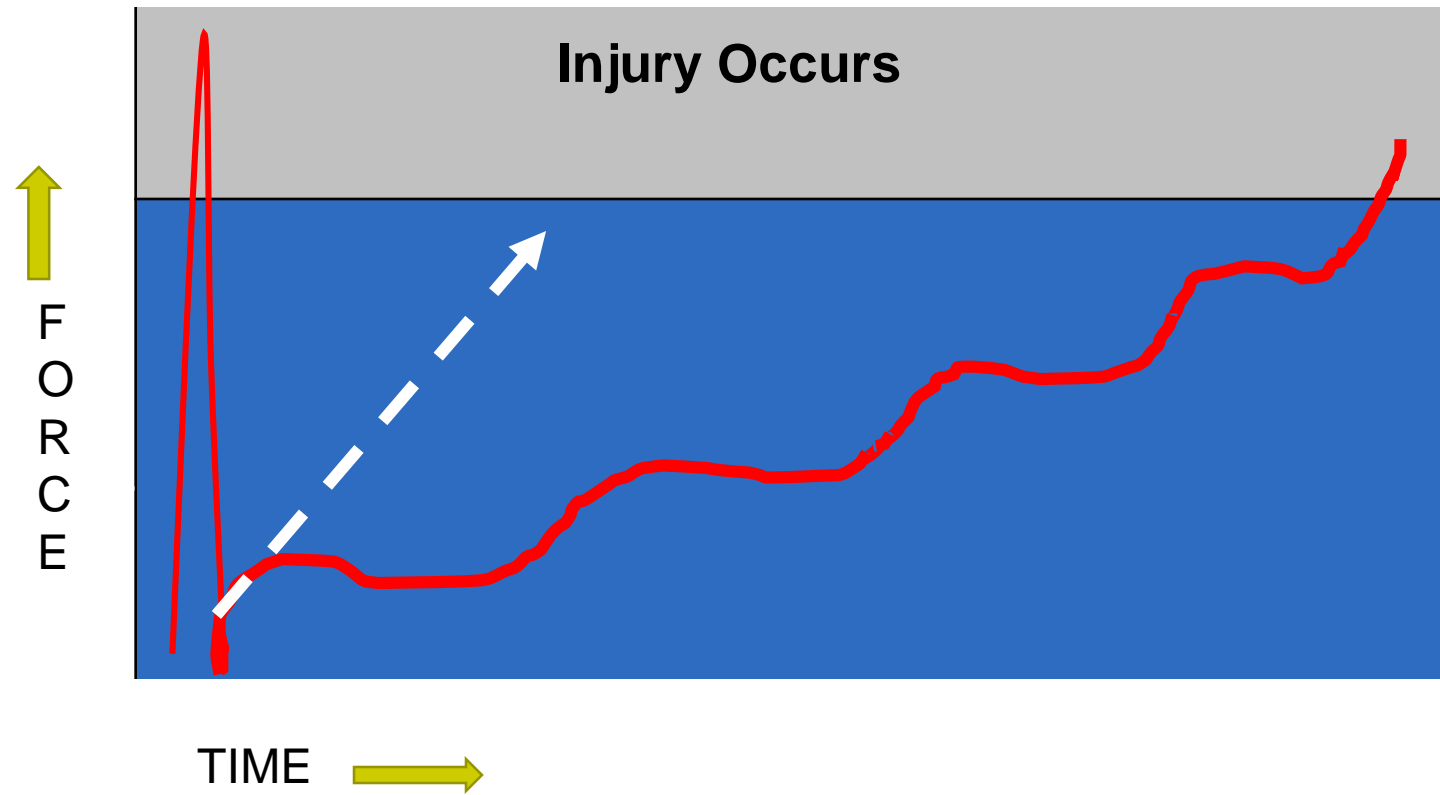
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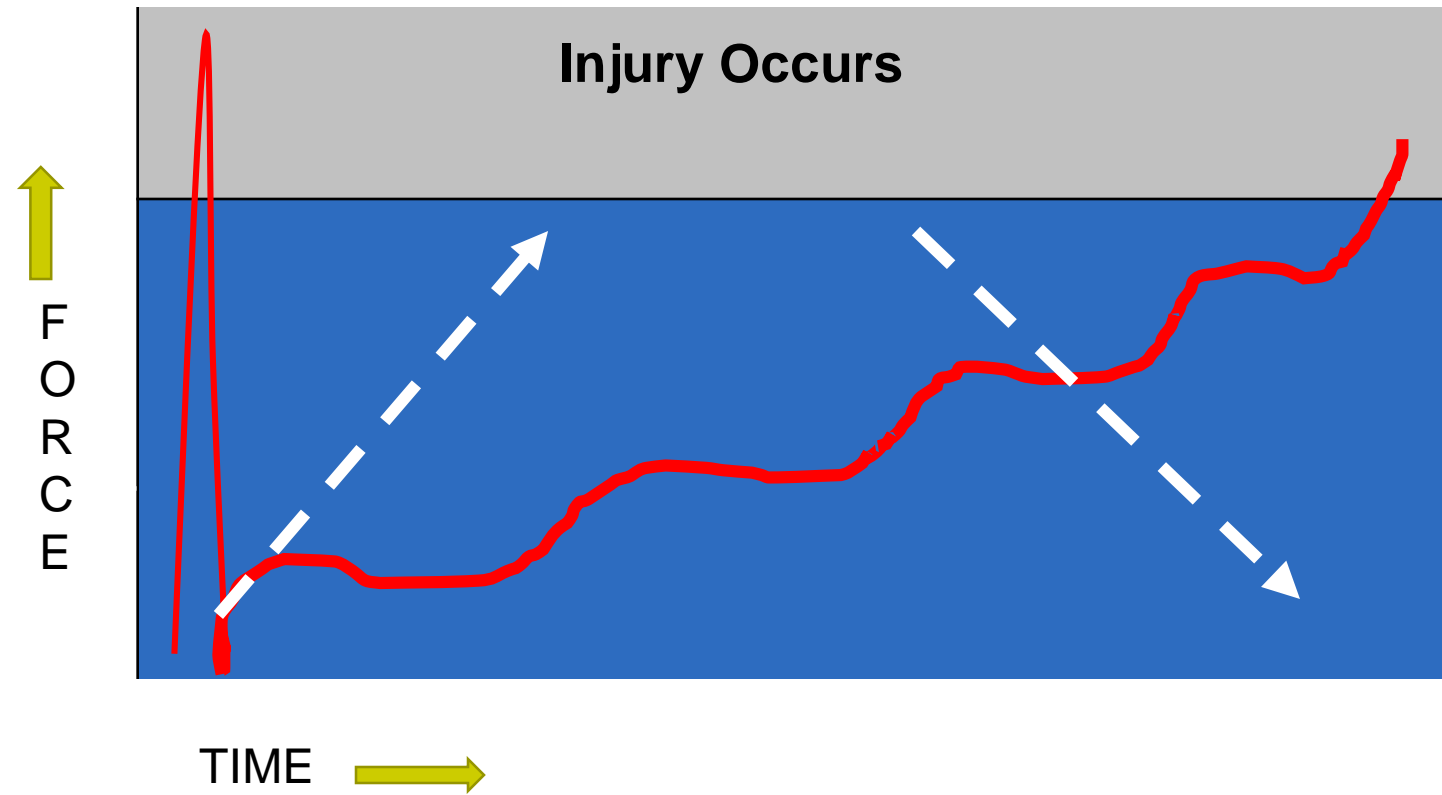
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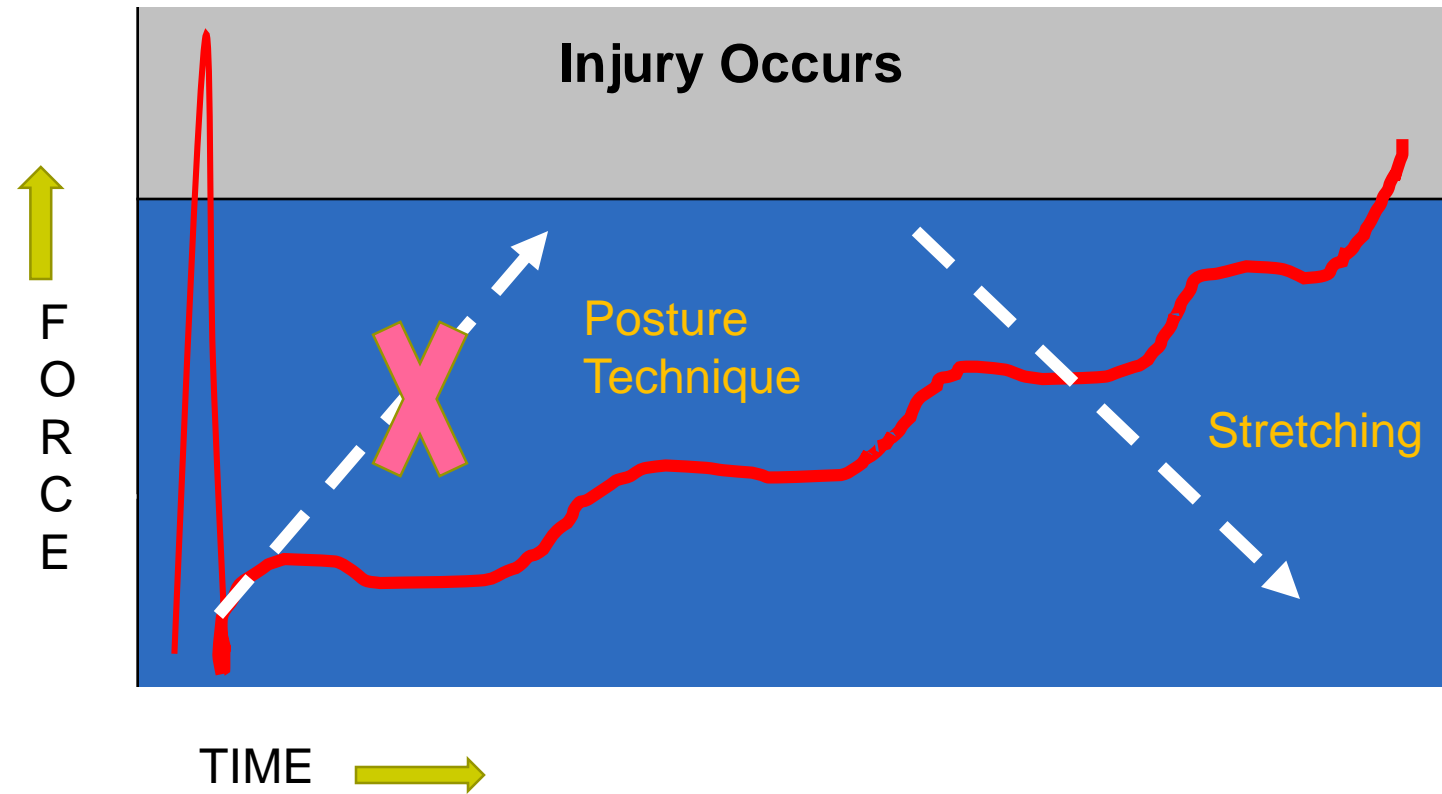
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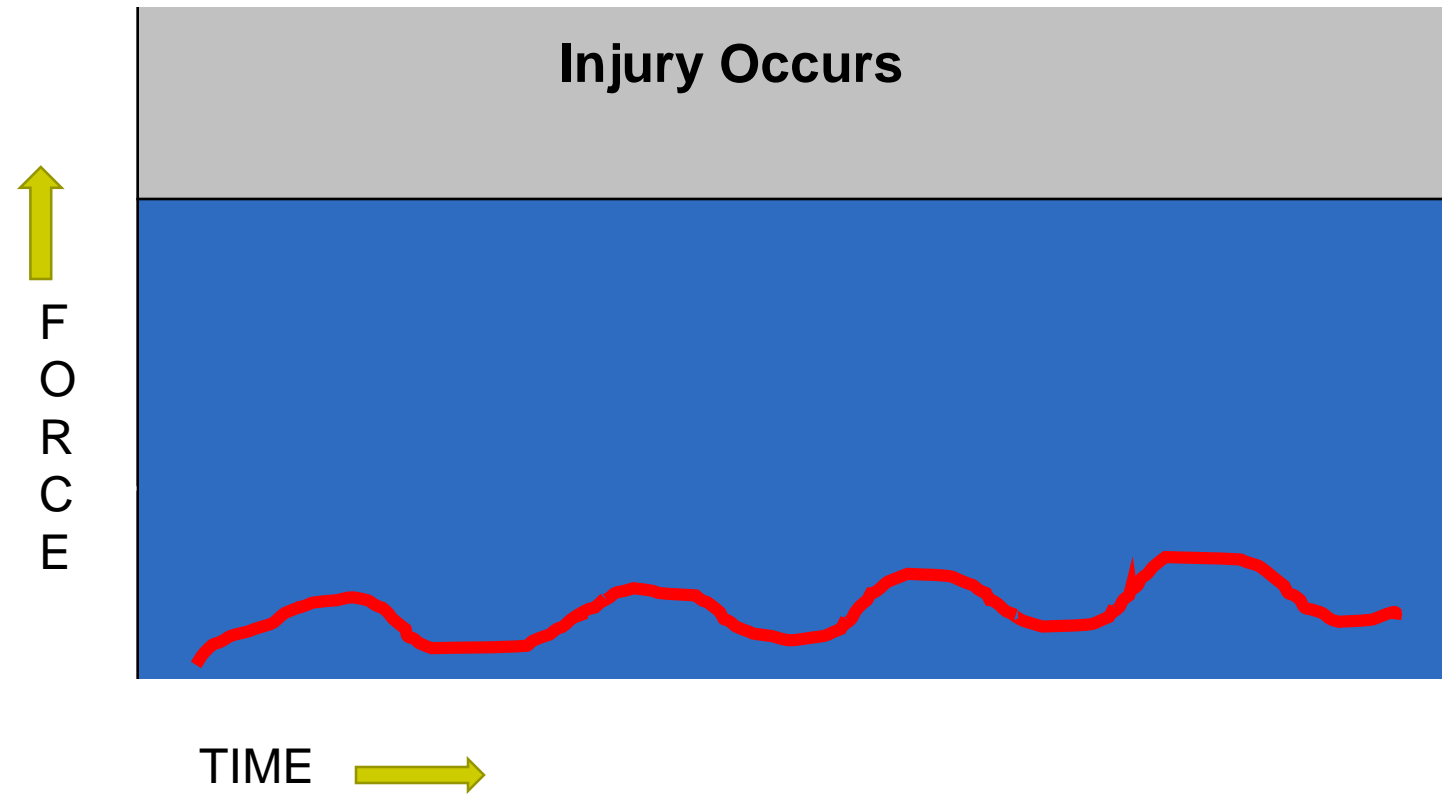


Formula for *Smart Body-Management*

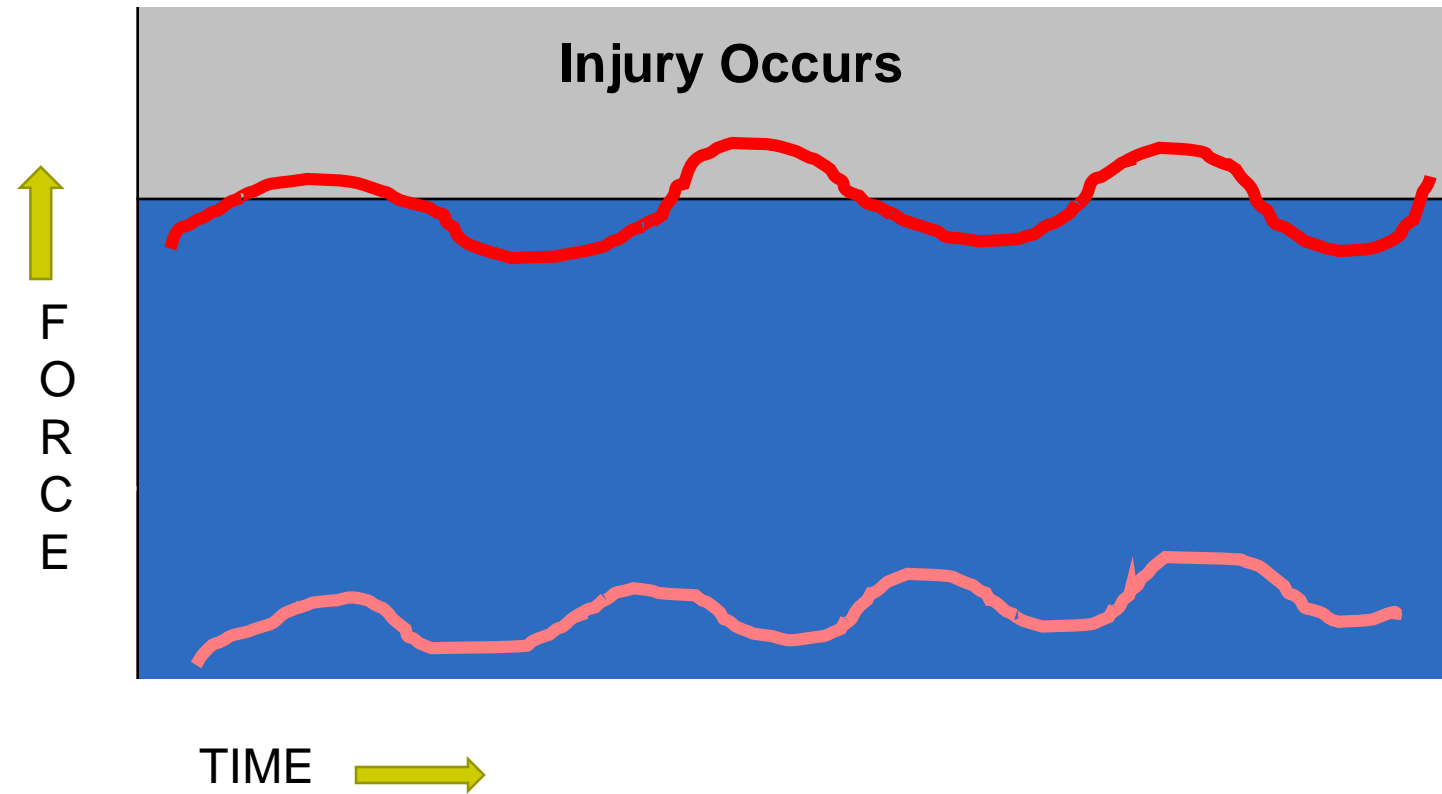
- ▶ Put Less Stress In
 - ▶ Good Posture
 - ▶ Good Technique
- ▶ Get the Stress Out
 - ▶ Regular/ Targeted Stretching

- ▶ Process and Habits are 24/7
 - ▶ Not just an “at work” activity

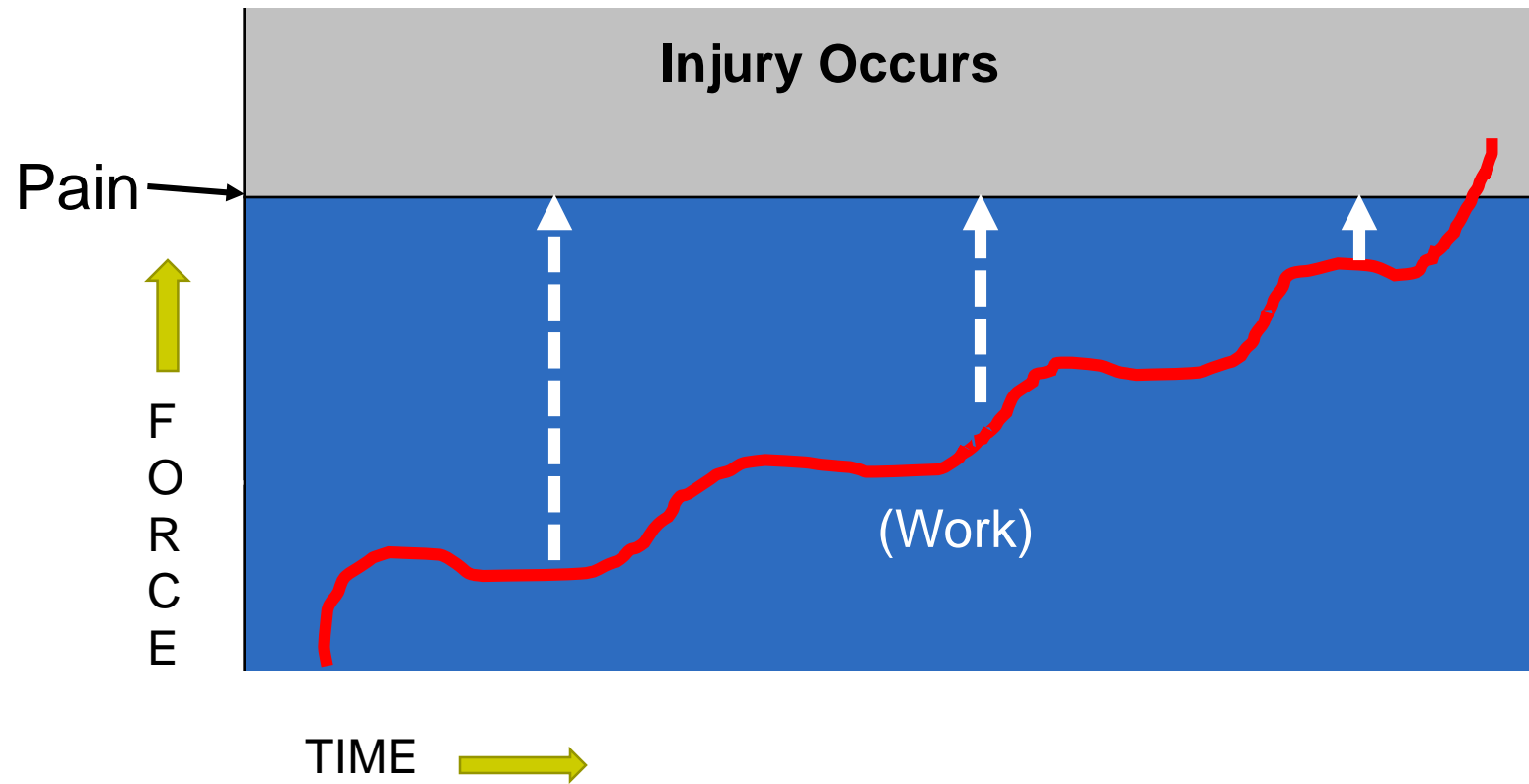
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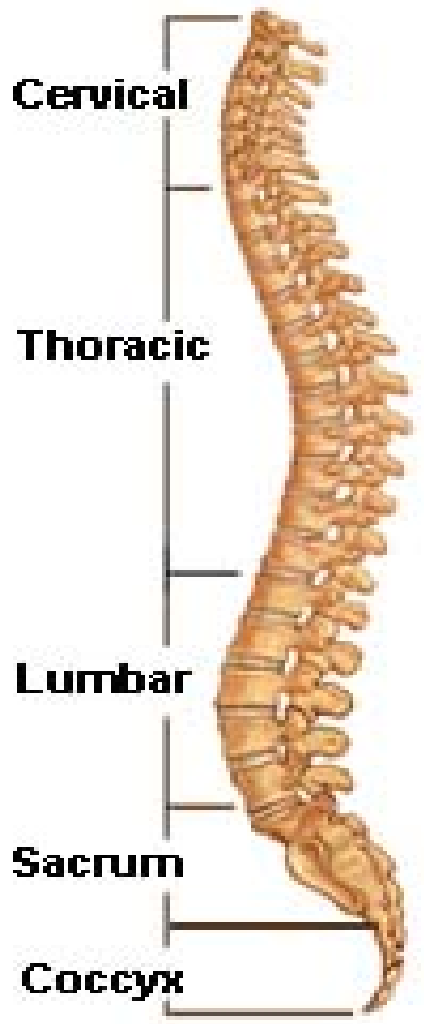
POSTURE

- ◎ Good Posture Generates Good Technique
- ◎ Reduces Physical Stress
- ◎ Multiple Health Benefits

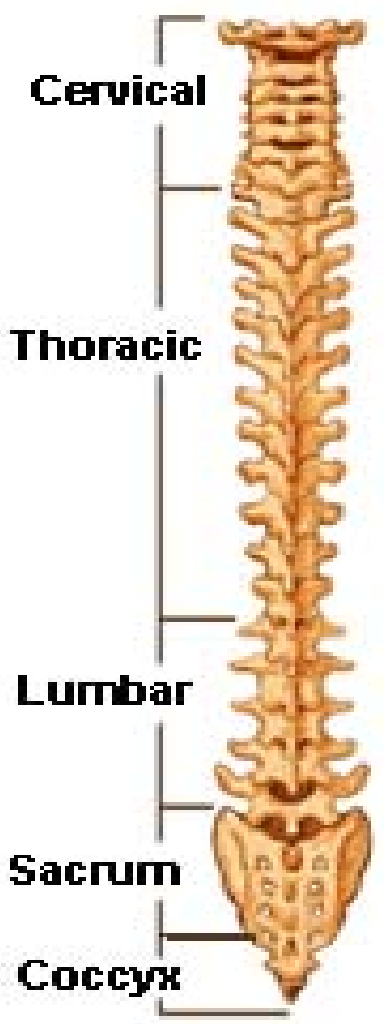
POSTURE

- How would you define *Good Posture*?
- What are the Power Postures of the
 - Spine?
 - Shoulders?
 - Wrist?
- What is the thing you lift most often in your life?

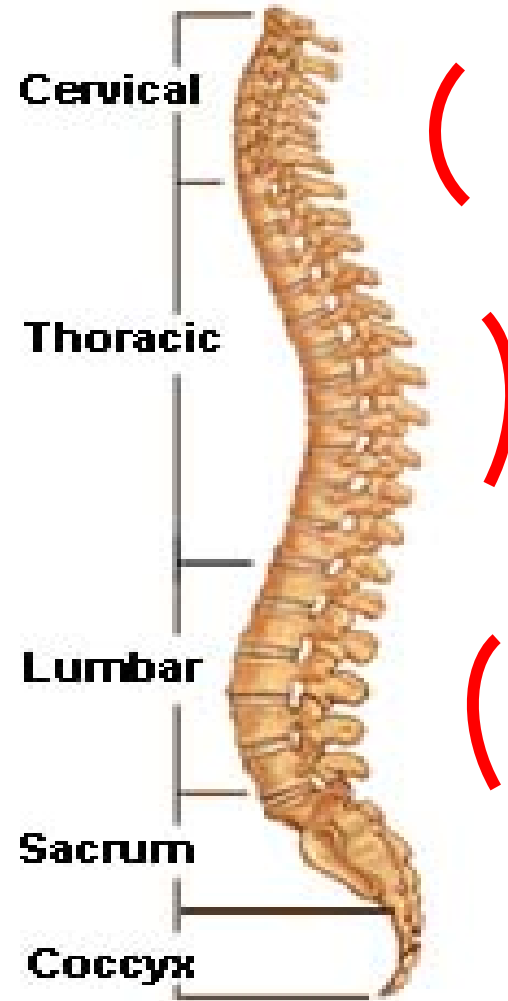
Lateral (Side) Spinal Column



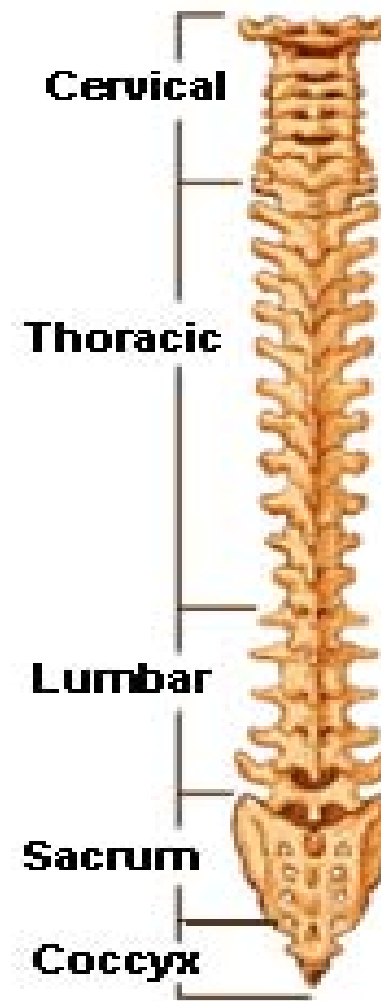
Posterior (Back) Spinal Column

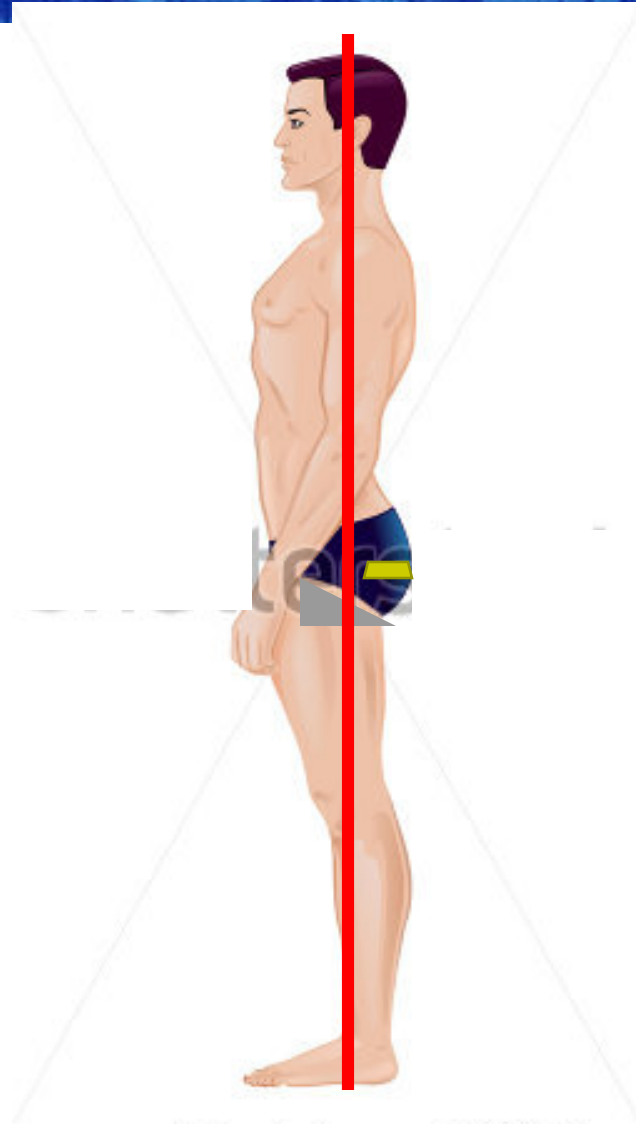


Lateral (Side) Spinal Column



Posterior (Back) Spinal Column



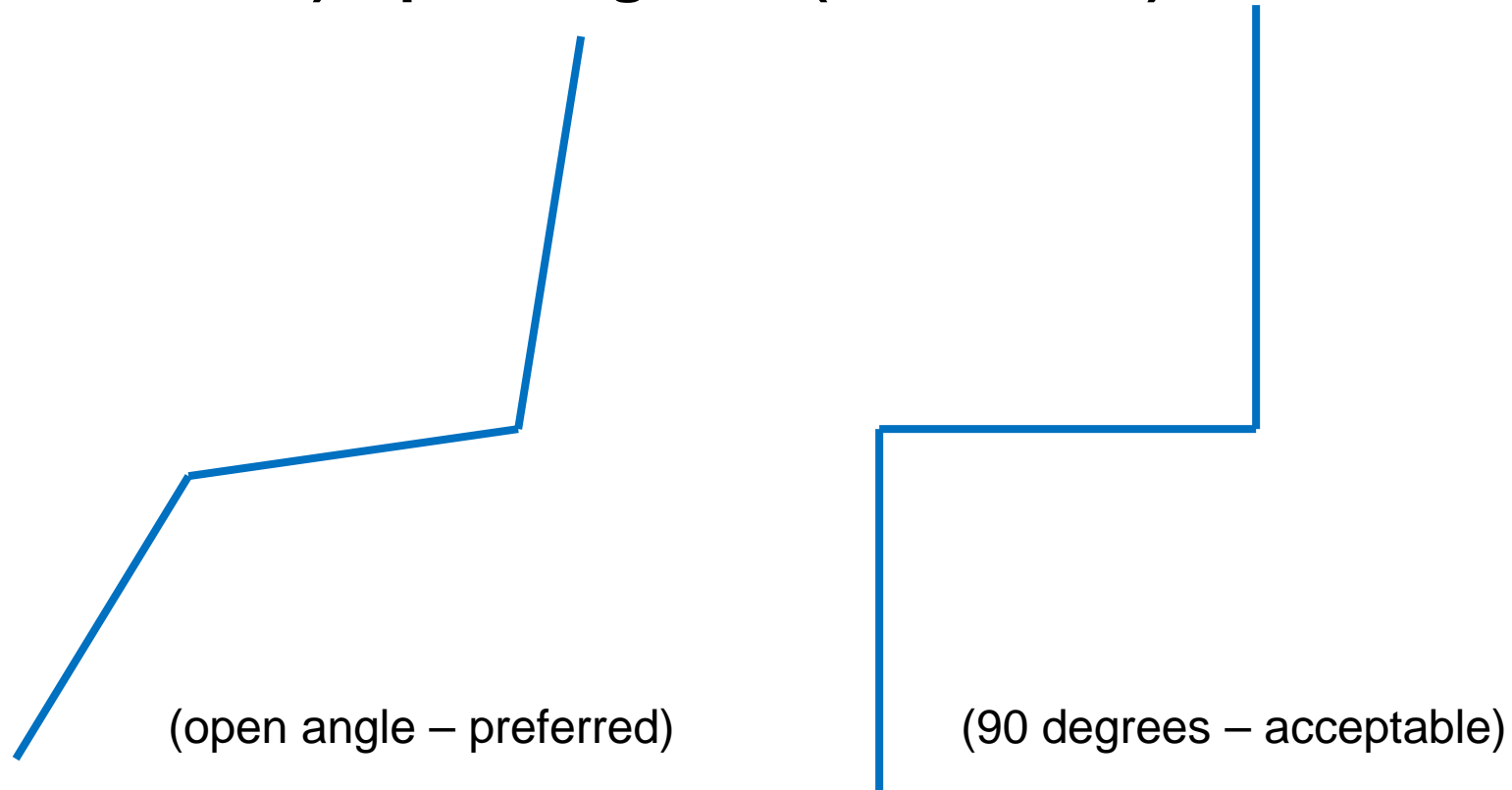


Power Posture of the Spine

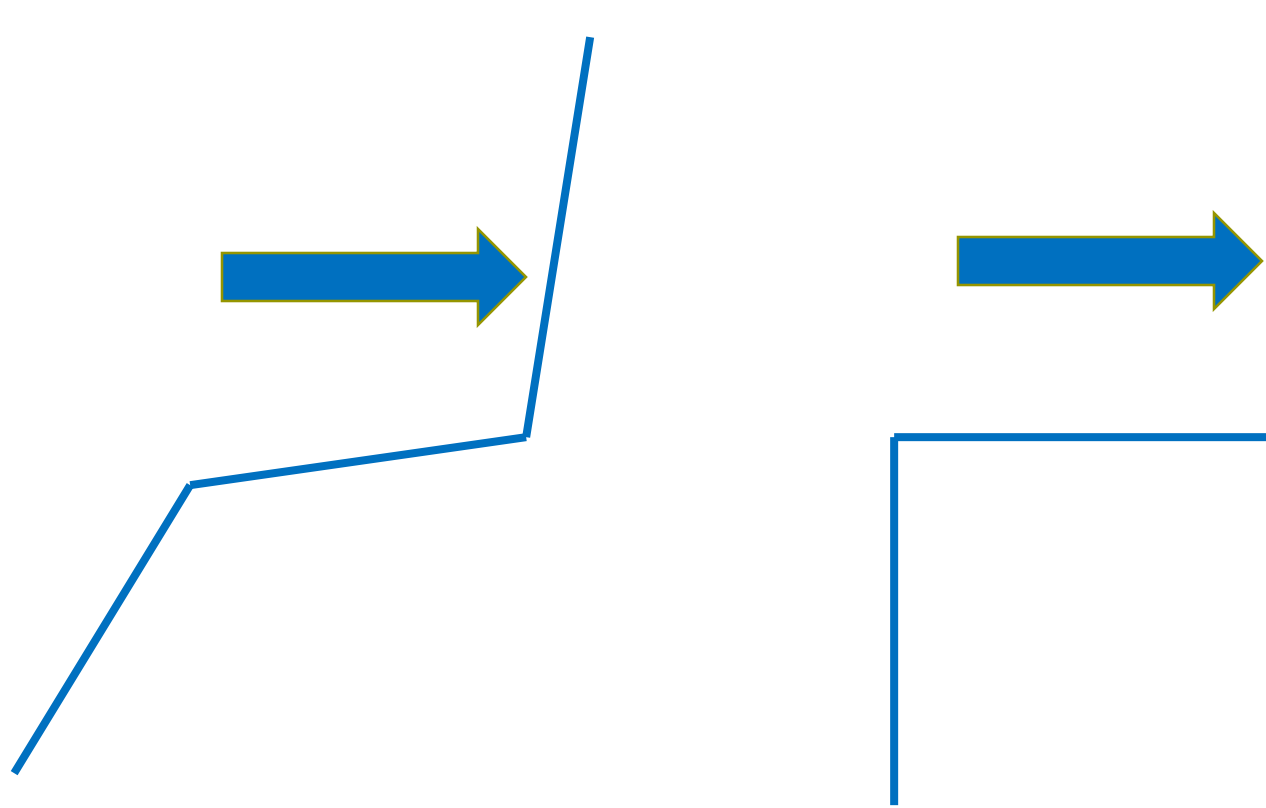
The ears, shoulders and hips are in a straight line

3 Rules For Sitting Safely

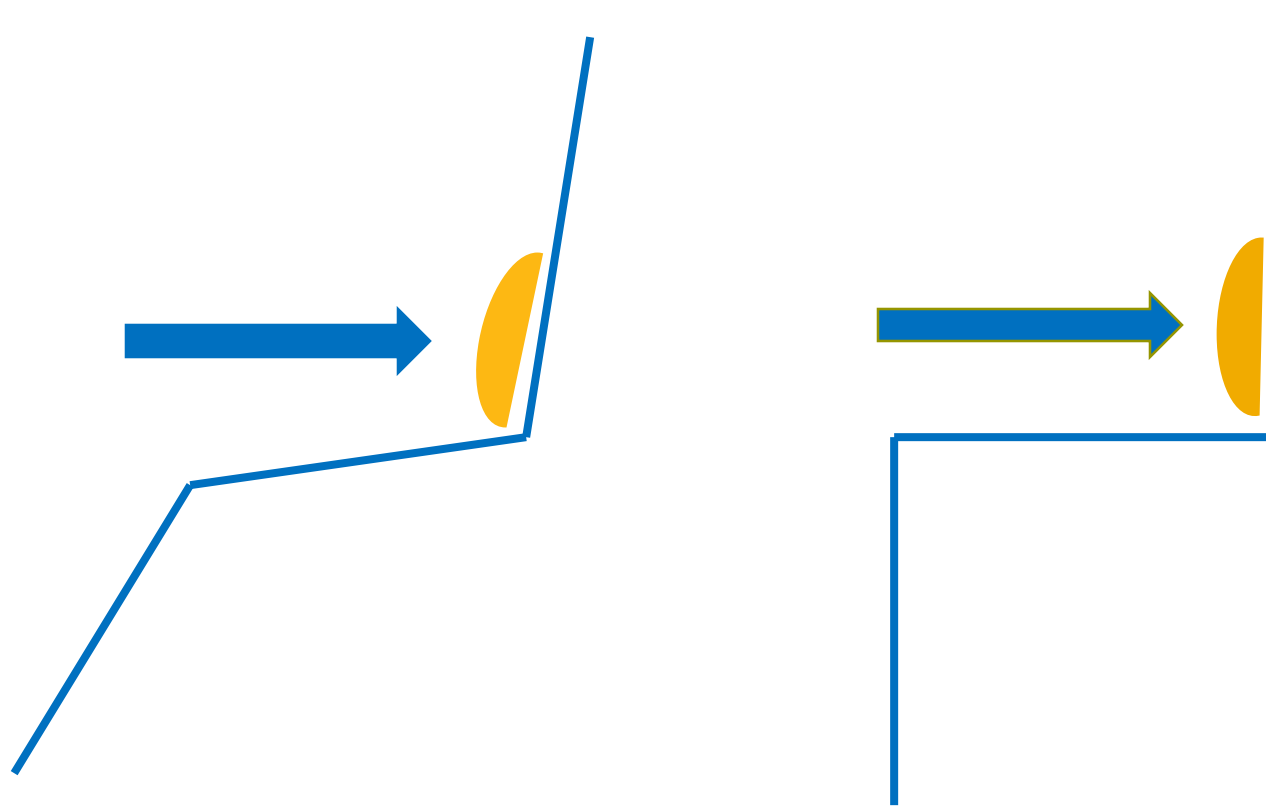
1) Open Angles - (Raise Seat)



2) Sit “Deep-In-The-Seat”



3) Support The Lumbar Curve !



POWER POSTURES

- ◎ Spine
 - ◎ Ears, shoulders hips in a straight line
- ◎ Shoulders/Arms
 - ◎ Relaxed, back and down/ hanging by your side
- ◎ Wrists/Hands
 - ◎ Neutral wrist (no bend)



STATIC POSTURES ARE STRESSFULL!

We Need To Move!

STRETCHING GUIDELINES

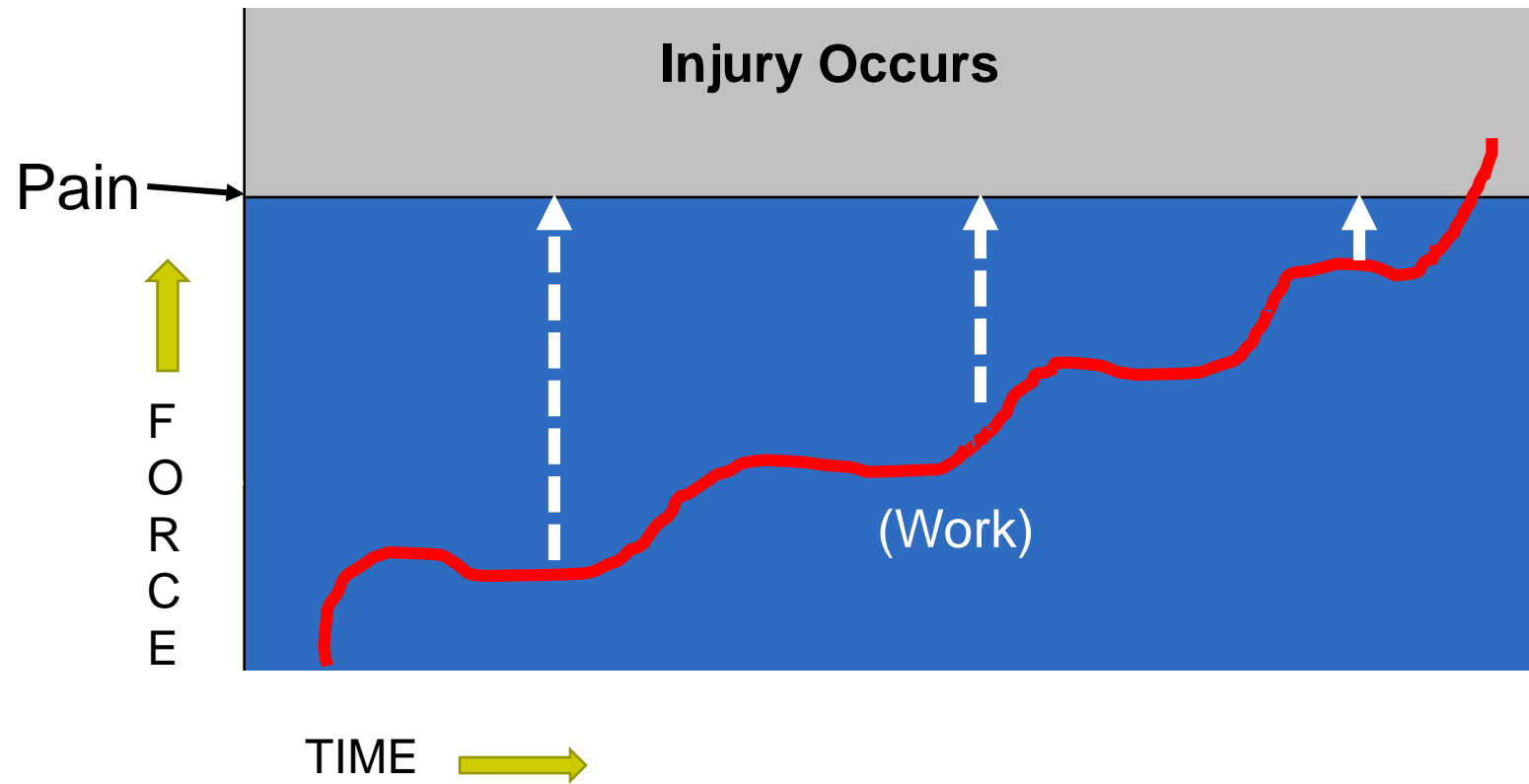
Stretch Opposite of Prolonged Postures

Stretch Opposite of Repetitive Motions

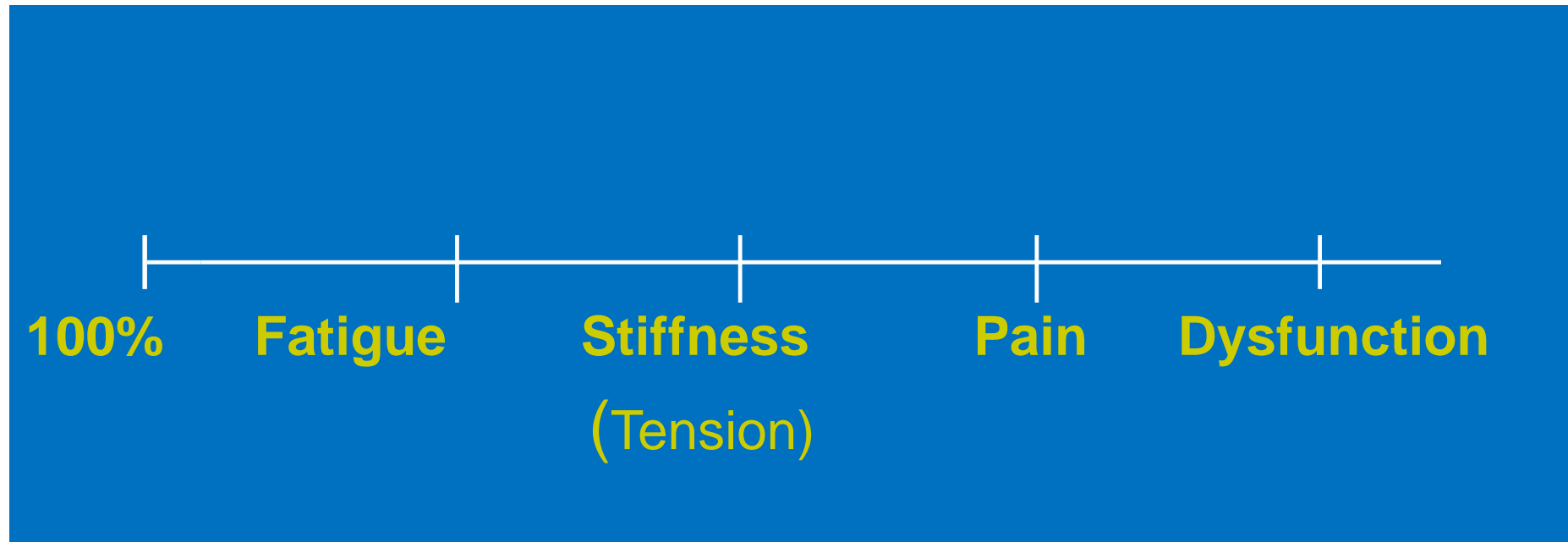
**Pay Attention to Pain!
Breathe!**

**Periodic and Frequent (*Micro-break
Stretching*)**

Mechanism of Musculoskeletal Injury

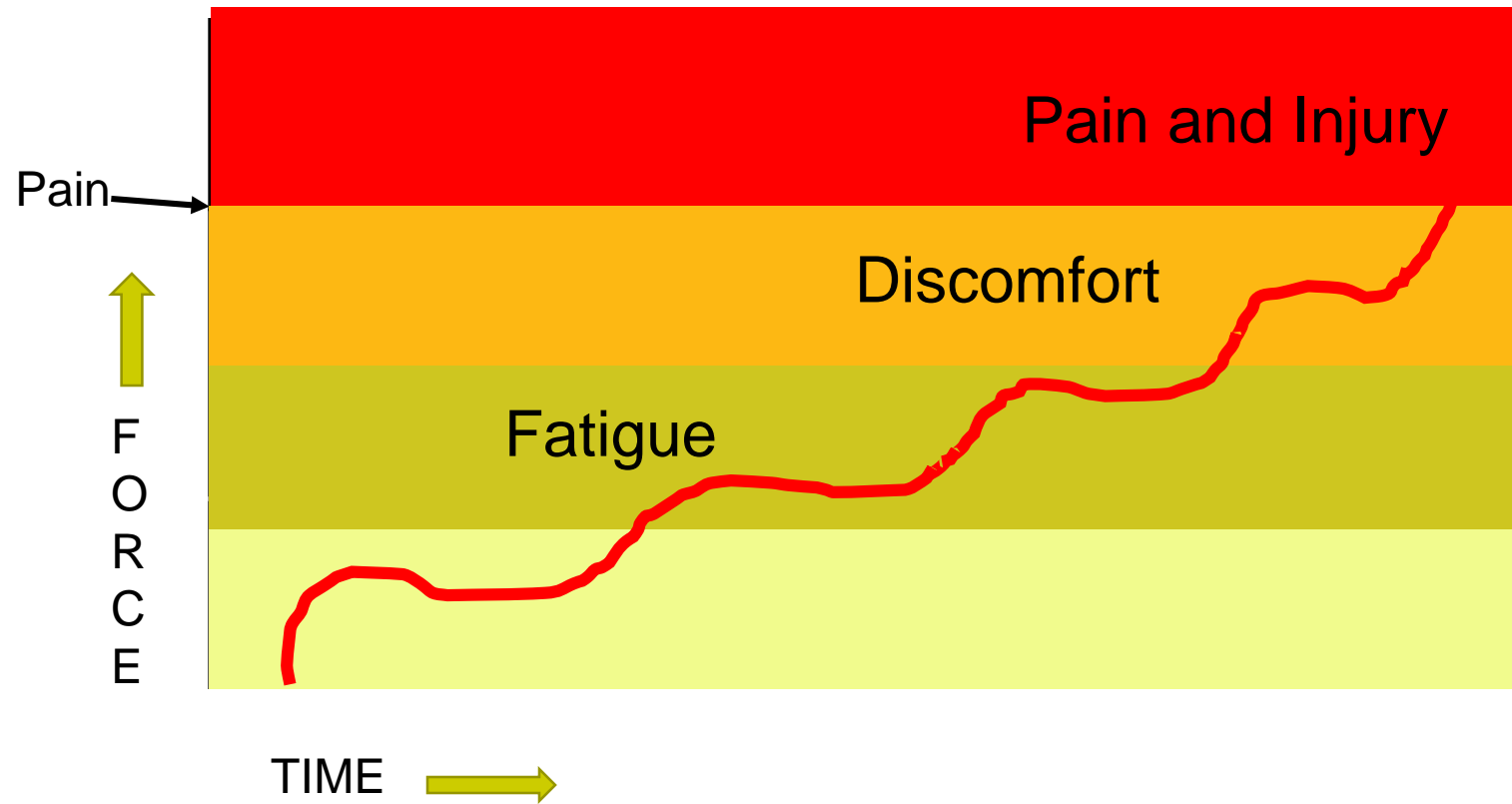


Timeline of Repetitive Stress &



(Self Assessment Tool)

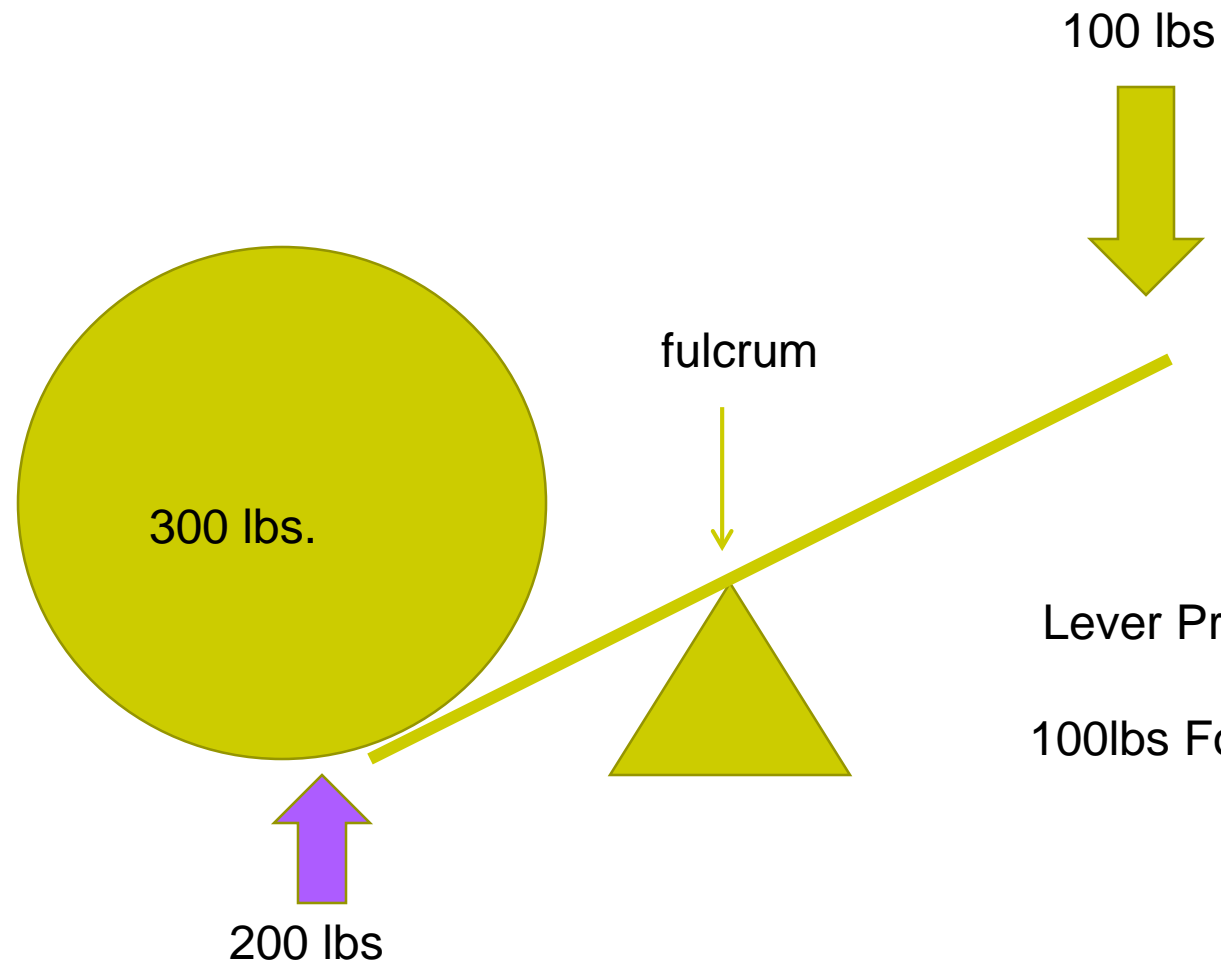
Mechanism of Musculoskeletal Injury



WORK TECHNIQUE

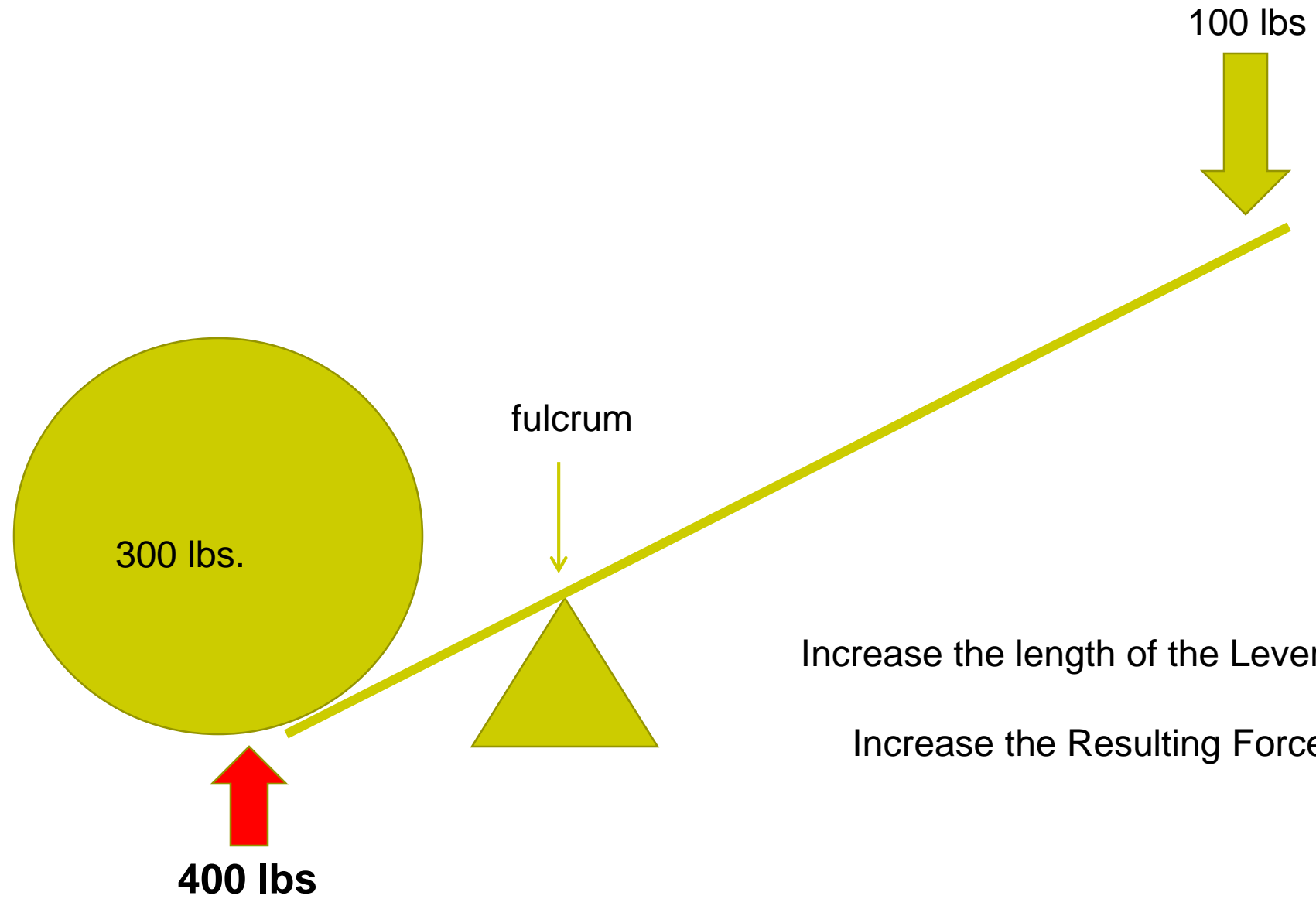
THREE PRINCIPLES OF SAFE WORK

- Back Straight
- Load Close
- No Twisting



Lever Provides "Mechanical Advantage"

100lbs Force => 200lbs Force



Increase the length of the Lever-Arm

Increase the Resulting Force!

WORK TECHNIQUE

THREE PRINCIPLES OF SAFE WORK

- Back Straight – (Power Posture of the Spine)
- Load Close – (Reduce Force/ Reduce Effort)
- No Twisting – (Protect The Disc)

HABITS

- ◎ Good Posture
- ◎ Good Technique
- ◎ Use Ergonomic Tools and Assists
- ◎ Stretch Regularly
- ◎ 24 / 7 (At Work, At Home, In Life)

Injury Prevention Triad

ERGONOMICS

BIOMECHANICS

HABITS

