Deliver with Care

Ergonomic Advice for Pregnancy

POSTURE

Keep hip motions close to neutral.

- ✓ When walking, take small strides instead of long ones.
- ✓ Perform shallow squats instead of deep ones.
- ✓ Avoid straddles or separating feet beyond the width of your shoulders.

EXERTION

Perform less physically demanding activities.

- ✓ Work at a comfortable rate and rest as needed.
- ✓ Hold loads close to your body.
- ✓ Keep frequently used objects close at hand.
- ✓ Use lifting aids whenever possible.

IMPACT

Engage in lower impact activities.

- ✓ Cushion impacts with shock absorbing solutions– shoes and anti-fatigue mats.
- ✓ Travel on smooth roads instead of bumpy ones.
- ✓ Step down from platforms instead of jumping.

USACHPPM
Readiness thru Health

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