

## **Phlebotomy Body Mechanics Key Terms**

- 1. Body Mechanics** – The proper use of the body to prevent injury and ensure safe movement while performing tasks.
- 2. Posture** – The position in which the body is held while sitting, standing, or performing procedures.
- 3. Ergonomics** – The science of designing the work environment and tools to fit the worker, reducing strain and injury.
- 4. Center of Gravity** – The point at which the body's mass is balanced; maintaining it improves stability.
- 5. Base of Support** – The area beneath a person that provides stability, typically the feet when standing.
- 6. Bending at the Knees** – A technique to lower the body safely, protecting the lower back.
- 7. Lifting with Legs** – Using leg muscles instead of the back when lifting objects to reduce injury risk.
- 8. Twisting** – Rotating the torso while lifting or reaching; improper twisting increases injury risk.
- 9. Repetitive Motion Injury** – Damage caused by performing the same movements repeatedly over time, common in venipuncture.
- 10. Close-to-Body Technique** – Keeping objects or patients close to the body when lifting or drawing blood to reduce strain.
- 11. Patient Positioning** – Arranging the patient safely and comfortably to facilitate blood collection while reducing technologist strain.
- 12. Adjustable Chair/Table** – Equipment that can be moved to a height that allows the phlebotomist to maintain proper posture.
- 13. Assistive Devices** – Tools like step stools or sliding boards that aid in safe patient handling.
- 14. Muscle Fatigue** – Temporary reduction in muscle strength due to prolonged or repeated activity; proper mechanics help prevent this.
- 15. Occupational Safety** – Practices and precautions to prevent work-related injuries, including proper body mechanics.