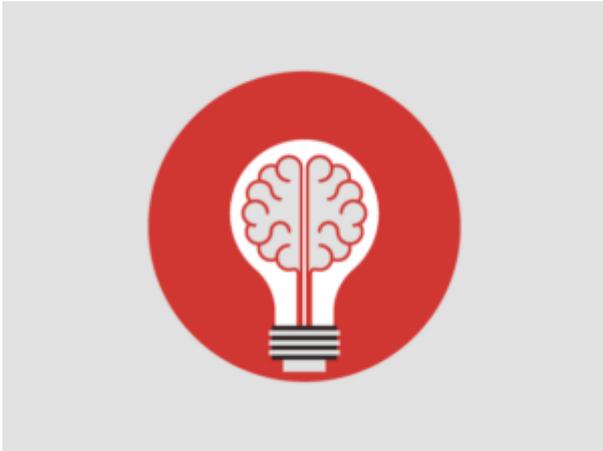


Body Mechanics for Home Health Care Workers



Course Description

In this session, we'll talk about what body mechanics are, why they matter, share some stories and stats, and give you practical tips for staying safe on the job. Let's get started.