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### **A STUDY TO OBSERVE THE USE OF BODY MECHANIC PRACTICES AMONG NURSING STUDENTS WHILE WORKING IN THE CLINICAL FIELDS.**

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#### **ABSTRACT**

Mechanics is concerned with the analysis of the action of forces on object. Body mechanics is the term used to describe the efficient, coordinated, and safe use of the body to move objects and carryout the activities of daily living. The major purpose of body mechanics is to facilitate the safe and efficient use of appropriate muscle groups to maintain balance, reduce the energy required, reduce fatigue, and decrease the risk of injury. Good body mechanics is very much essential for the nurses. When a person moves, the balance of that person depends on the interrelationship of the centre of gravity and the base of the support. The closer the line of gravity is to the centre of base of support, the greater the person's stability. Appropriate preparation prevents potential falls and injury and safeguards the person and equipment<sup>1</sup>.

**Keywords:** Body Mechanics, Nursing Students, Practice.