How to Perform a Proper Squat

This sheet was produced as a quick reference on how to conduct a proper squat. Squats can be useful for a warm-up to start the day/shift; they can be great to maintain hip/knee flexibility and they can help to remind us about proper body mechanics when lifting.

1. Start in a standing position with feet about shoulder width apart, toes pointing in a natural direction (slightly angled out, not straight forward).
2. Engage the muscles in your lower back by sticking your bum out. This helps to maintain the natural curve of the lower back.
3. Bend down as far as you can go. Do NOT let your knees go beyond your toes and do NOT lose the curve in your lower back.
4. Your weight should be on your heels. Be careful not to fall backwards.

As shown in the pictures above, a quick way to ensure this is being completed properly is to stand in front of a desk with your toes against the desk. Take your time and do not strike the desk with your knees.

If you have any questions, please contact your Injury Prevention Consultant.