

CARRYING POSTURE

Tips for carrying

- Test the weight before you lift
- Do not lift something that is too heavy
- Look for a clear path before carrying
- Don't walk on slippery or uneven surfaces
- Carry the object stright on
- Don't carry heavy purses or briefcases
- Daily stretching and warming up before lifting can help



DESK POSTURE

Ergonomics for computer work stations

- Hands, wrists and forearms are parallel to the floor
- Keep head in line
- Shoulders should be relaxed
- Elbows bent about 90-120 degrees and close to body
- Feet are flat and facing forward
- Back is fully supported
- Thighs and hips supported and parallel to the floor
- Knees about hip height



SITTING POSTURE

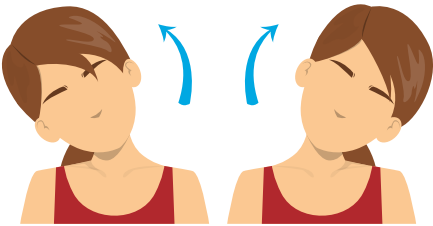
Proper sitting

- Sit tall
- Keep head in line with spine
- Sit with weight evenly distributed
- Don't round your back



STRENGTH AND STRETCHES

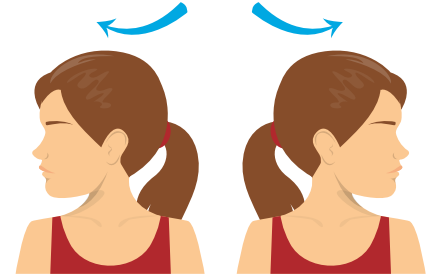
1 SIDE BEND



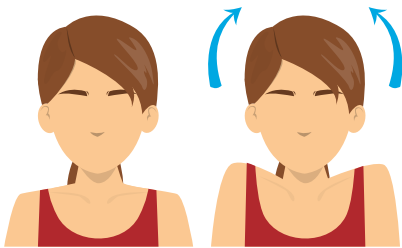
2 WING SPAN



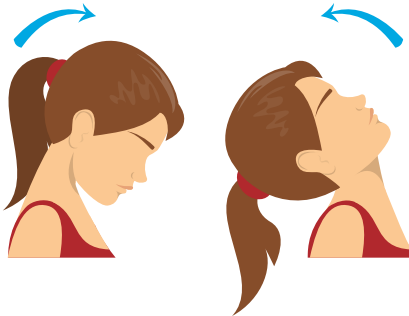
3 NECK ROTATION



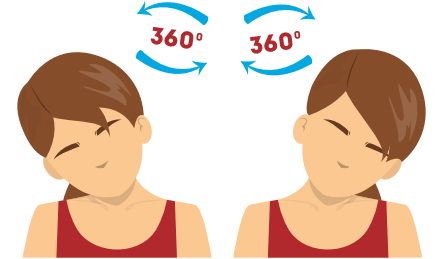
4 SHOULDER SHRUG



5 BACK AND FORWARD BEND



6 NECK ROTATION



7 CAT-COW STRETCH

