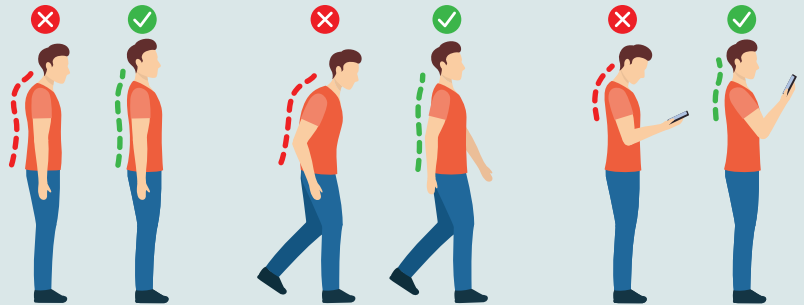


Proper standing posture:

- Stand tall, chin tucked in.
- Earlobe aligned with shoulder.
- Shoulders down & back.
- Arms by side with thumb and index facing forward.
- Maintain normal curves of spine.
- Stomach tight.



Proper standing posture

Postural tips:

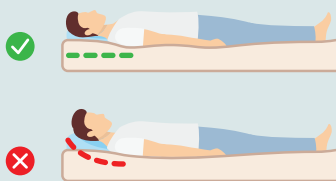
- Maintain proper curves of your spine during all of your daily activities.
- Remember that your body was designed to move.
- Change positions frequently, every 20-30 minutes.
- Wear comfortable shoes with arch support.
- Maintain healthy lifestyle (nutrition, weight, exercise, stretch).
- Utilize proper body mechanics when lifting light items.
- Ask for help when lifting heavy items.



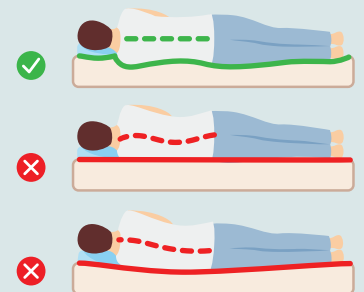
Proper sitting posture



Proper lifting posture



Proper head position for sleeping



Proper back position for sleeping