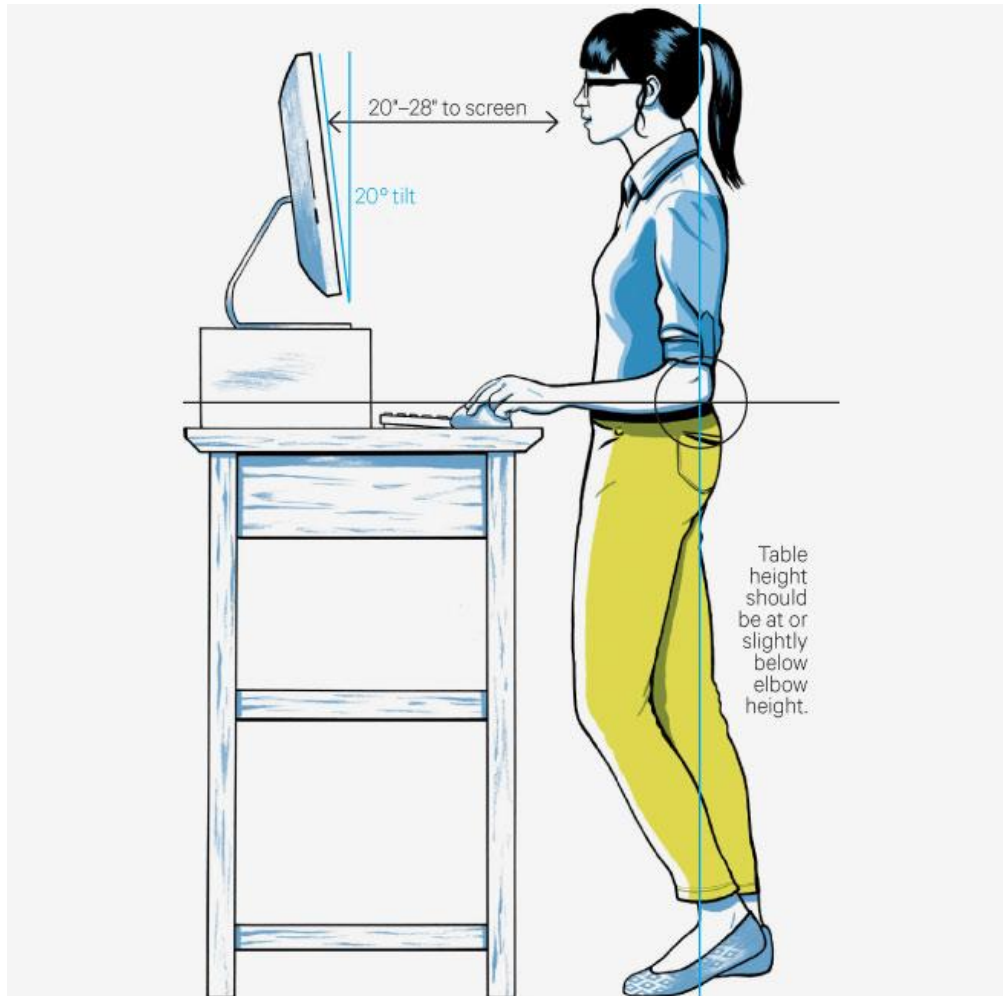


Work Tip

Standing Position



Shoulders: Relaxed.
Arms close to the side.

Back: Maintain Natural Curve.

Elbows: Bend approximately at a right angle.

Wrists: Straight, not angled up or down.

**Vary Positions
Move Around**

Be Comfortable

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