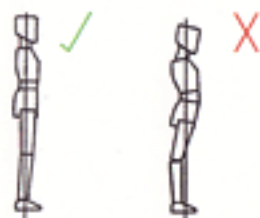


STANDING

Stand tall with chin in, back flat, pelvis tucked under and knees relaxed...



... or try to raise one leg on a step



SITTING AT A DESK

Avoid sitting as much as possible. Sit on a Swiss ball or air cushion to retain mobility and reduce spinal stress



SITTING IN A CAR

Having the car seat closer to the steering wheel flattens the lower back



BENDING POSITIONS

Never bend over without bending knees and tucking buttocks under

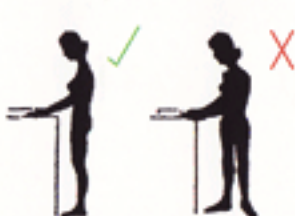


LIFTING POSITIONS



Bend at the hips and knees, not at the waist

TURNING POSITIONS



Always face your work and turn by pivoting your feet first



Hold and carry objects close to you

SLEEPING POSITIONS



Keep your back rounded as you return from standing to sitting



On your side



On your back



Not flat on your back



Not on your front