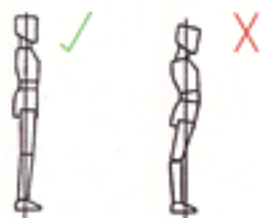


### STANDING

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



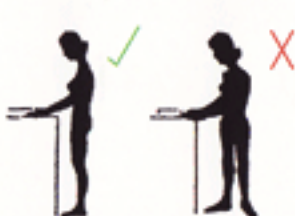
### LIFTING POSITIONS

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