



# WORKPLACE ERGONOMICS

## Proper Desk Setup



## Correct Posture



## Take Breaks



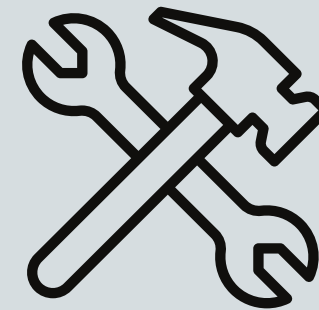
## Stretching



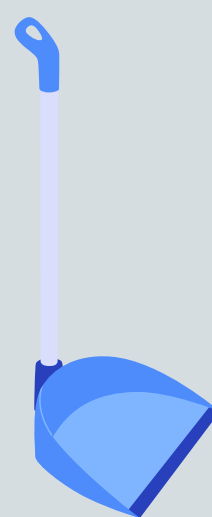
## Proper Lifting



## Tool Handling Techniques



## PROPER SITTING POSTURE



## Helpful Tools