



ERGONOMICS

PRINCIPLE #1: WORK IN NEUTRAL POSTURES

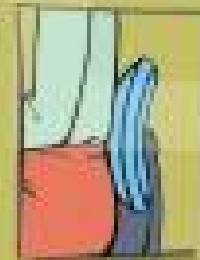
Natural shape of Spine

Maintain the
Natural **S-curve** of
SPINE

While standing,
put one foot up
on a foot rest



Use a lumbar
support while sitting



Use a lifter or tilter
instead of bending



The spine column of your back is shaped like an 'S'. This natural 'S' shape should always be maintained, whether sitting or standing. The most crucial part of this 'S' shape is the lower back - it should be kept slightly 'curved back'.

WORK RIGHT FOR YOUR HEALTH & SAFETY