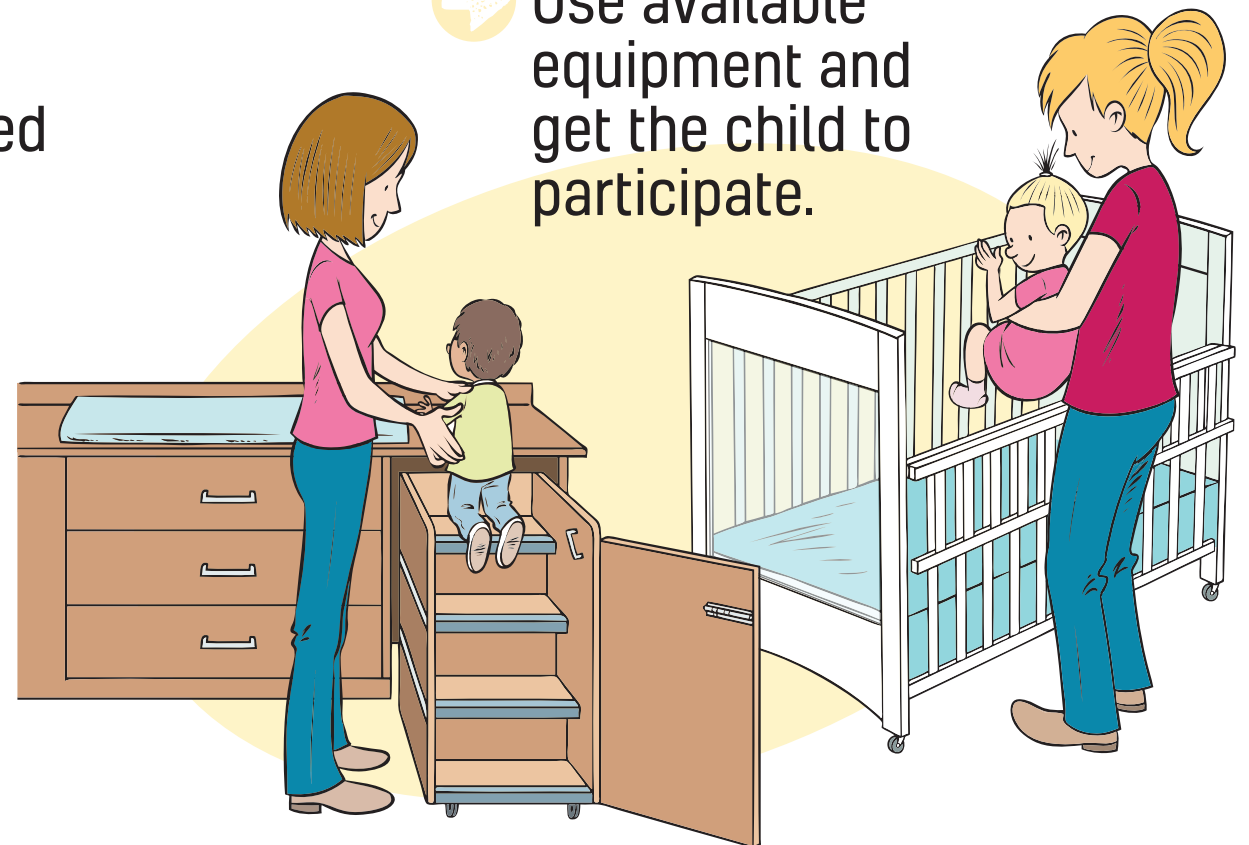


HEALTHY AND SAFE WORK METHODS

➔ **NEUTRAL POSTURE:**
Head straight
Back straight, not twisted
Arms close to body
Shoulders relaxed

➔ Use available equipment and get the child to participate.



➔ Use the appropriate equipment.

➔ Sit down to be at the child's height.



➔ Encourage children to help.

➔ Bend your knees and use the strength of your thighs.



➔ Use furniture for support.

