

PROPER POSTURE

Sit properly. Put your back against the backrest of the chair.

Rest your feet on the floor. Do not cross your feet



When you wear a schoolback, adjust the shoulder straps. You need to wear it high up on your back. Review its weight



When you pick up something heavy, do not bend your back. Bend your knees, keep your chest out and your back straight



When you are standing or walking, keep your back straight. Put your shoulders back and let them relax. Do not hunch your back

