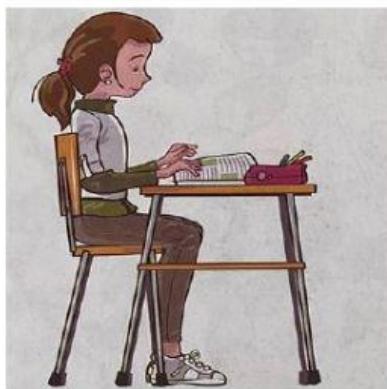


PROPER POSTURE



When you sit, put your back against the back of the chair. Rest your feet on the floor. Bend your legs at a right angle. Do not cross your legs.

When you wear a backpack, adjust the straps. You need to wear it correctly. It must not weigh more than 10 kilograms.



When you lift something heavy, do not bend your back. Bend your knees and keep your back straight.

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

