PROPER POSTURE

When you sit, put your _____ against the _____ of the chair. Rest your _____ on the _____ . Bend your _____ at a right _____ . Do not cross your _____

When you wear a _____ , adjust the _____ straps. You need to wear it _____ . _____ on your back. It must not _____ more than _____ kilograms.

When you _____ something heavy, do not _____ your _____ . Bend your _____ and _____ . keep your _____ and your back straight.

When your are standing or _____ , keep your _____ straight. Hold your _____ . _____ .Put your _____ and let them relax. Do not hunch your _____