

PROPER POSTURE



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

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



When you pick up something heavy, do not bend your back. Bend your knees and hips. Keep your back and your back straight.

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

