

Everyone home safe – through the working life

Take care of correct body posture



- ✓ Maintain equal distribution of body weight whether working standing, sitting or kneeling
- ✓ Balance the weight of the work clothes, take off the work belt during breaks and remove tools that are not in use
- ✓ Use tools with good handles that distribute pressure evenly across the palm

- ✓ Keep the back straight and shoulders relaxed
- ✓ Keep the elbows as close to the body as possible
- ✓ Have good support under your feet