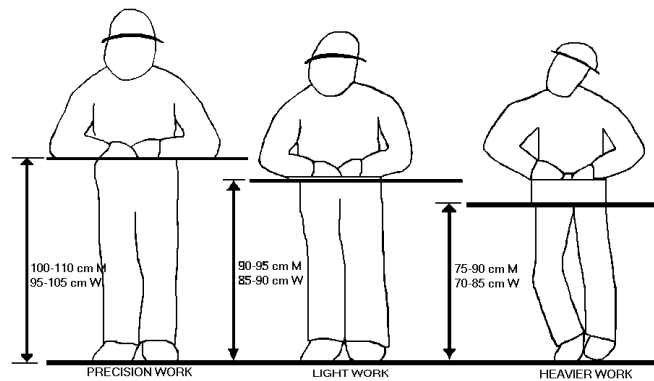


## Neutral Standing Posture

- ◆ Keep the spinal column aligned in its natural curves.
- ◆ Prop one foot up on a stool to reduce stress on the lower back.
- ◆ Stretch often and shift position.
- ◆ Keep body flexible; this increases comfort and productivity.
- ◆ Do not force the body to conform to the workspace.



ERG3000(10/02)

