

SAFE AND HEALTHY WORK METHODS

→ Basic posture:

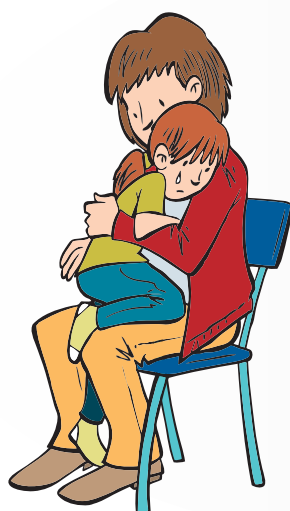
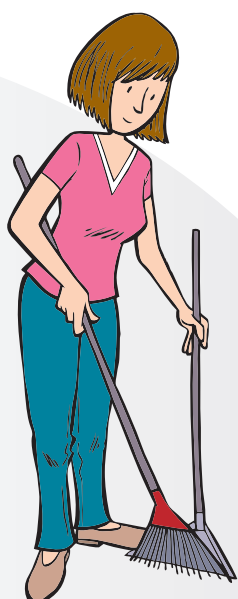
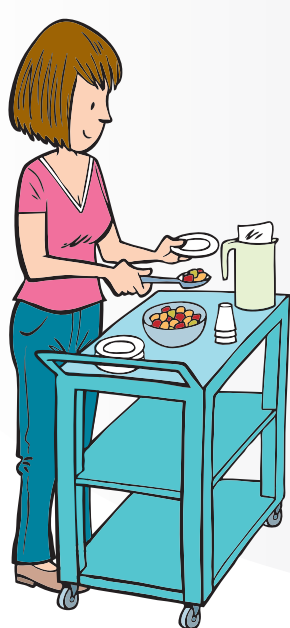
- Head straight
- Back straight, not twisted
- Arms close to body
- Shoulders relaxed



→ Use available equipment and get the child to participate.



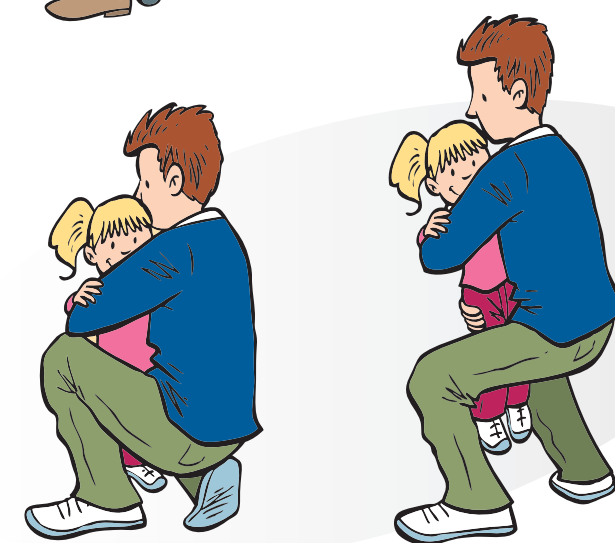
→ Sit down to be at the child's height.



→ Use the appropriate equipment



→ Encourage children to help



→ Bend your knees and use the strength of your thighs

→ Use furniture for support

