

SAFE AND HEALTHY WORK METHODS

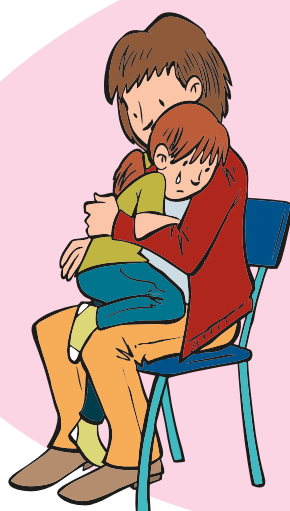
→ **Basic posture:**
Head straight
Back straight, not twisted
Arms close to body
Shoulders relaxed



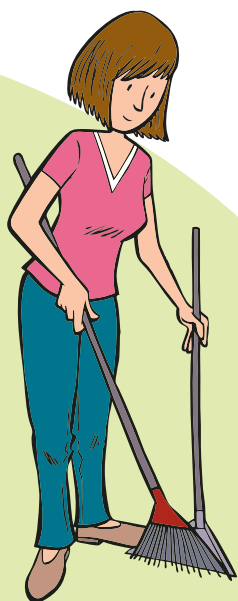
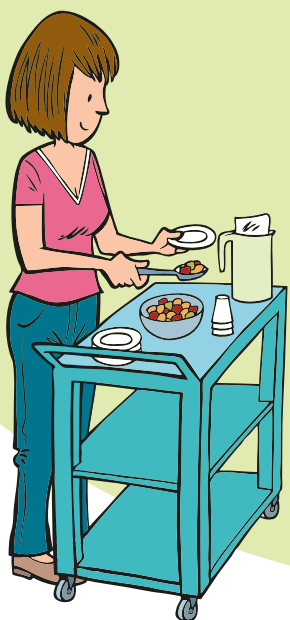
→ Use available equipment and get the child to participate.



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



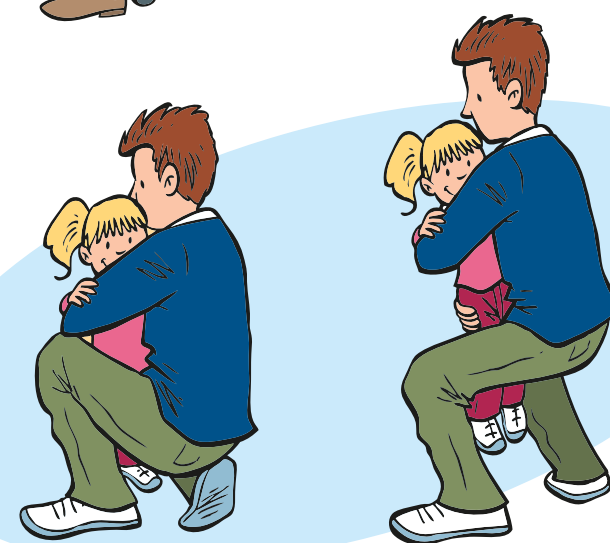
→ Use the appropriate equipment



→ Encourage children to help



→ Bend your knees and use the strength of your thighs



→ Use furniture for support

