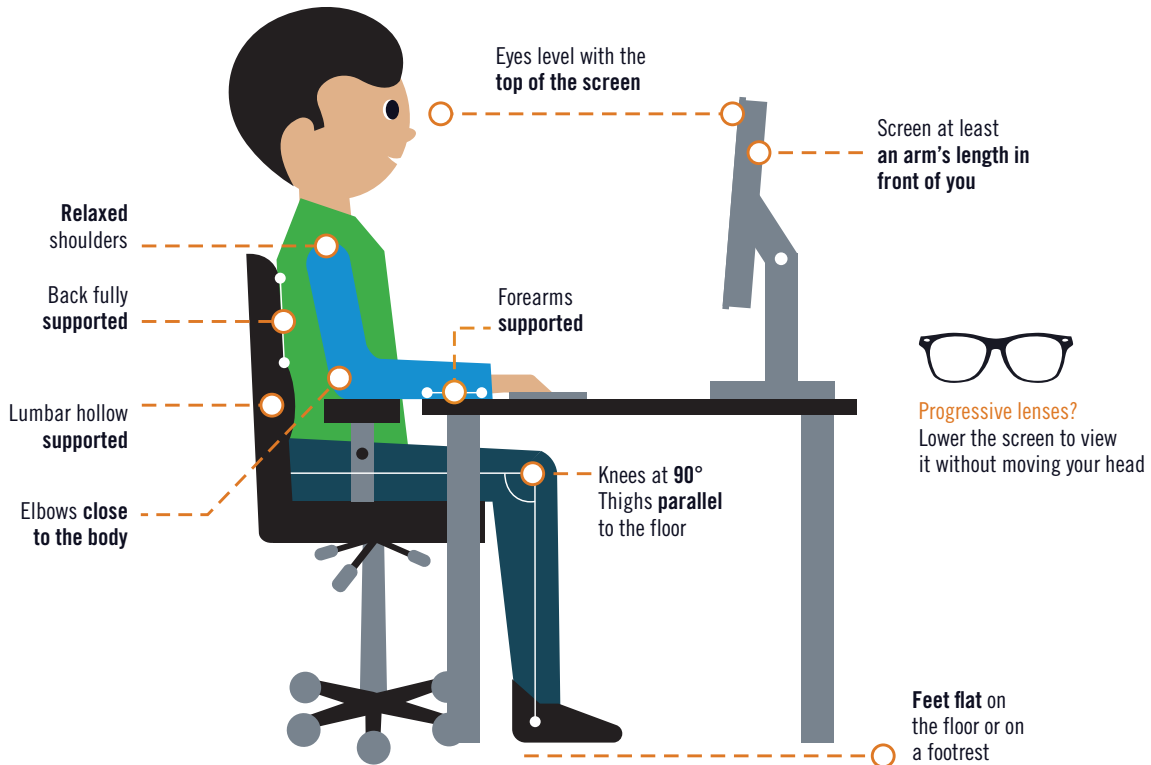


# ERGONOMIC ADJUSTMENT OF YOUR WORKSTATION



## STRETCHING EXERCISES

Four rules to follow:



Stretch regularly during the day



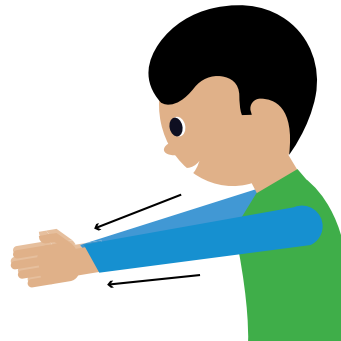
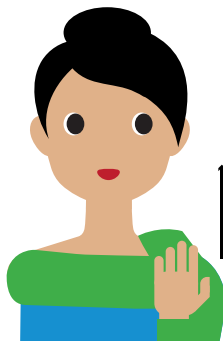
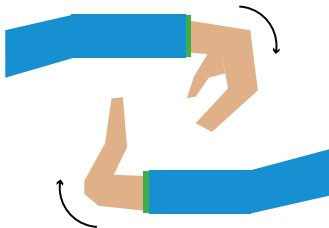
Hold the stretch for a minimum of 15 seconds



Avoid sudden movements



Feel muscle tension but no pain



You have a project  
in office ergonomics?

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