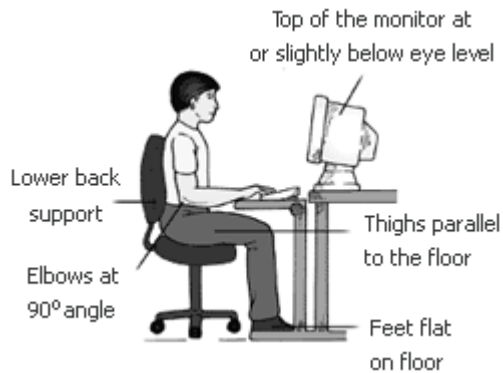
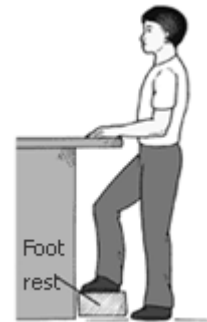




## Proper Sitting



Sitting



Standing



1. Bend your knees and squat down to a comfortable level
2. lift the object and bring it close to your body
3. Return to an upright position by pushing up with your legs and buttocks