



# WORK SMARTER, NOT HARDER

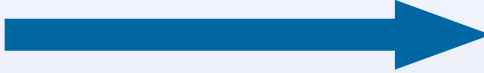
Think ergonomics and fit the task to the person!



Avoid leaning over the shampoo bowl.

# 1

KEEP NECK AND BACK STRAIGHT



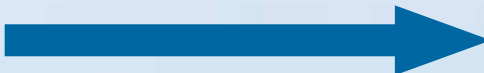
Move in closer and face the client.



Avoid raising your elbow.

# 2

KEEP ARMS AT YOUR SIDE



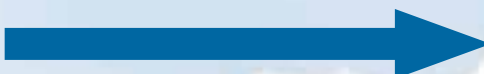
Change grip on dryer and adjust chair to keep arms at your side.



Avoid bending.

# 3

ADJUST WORK HEIGHT



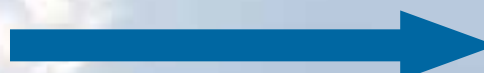
Stand upright and adjust chair height.



Avoid awkward wrist positions.

# 4

USE YOUR TOOLS PROPERLY



Cut palm to palm and use shears that fit your hand.