



# ERGONOMICS TIPS FOR HAND TRIMMING



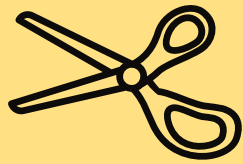
## POSTURE



**Relaxed  
Shoulders**



**Ears Over  
Shoulders**



**Relaxed  
Grip**



**Straight  
Wrists**



**Sit and Stand**



**Stretch**