



Stand the test of time.

Resistir el paso del tiempo.

Is your workstation adjusted correctly for standing? Ask your supervisor for help.

Está su estación de trabajo ajustada correctamente para estar de pie? Pida ayuda a su supervisor.

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Maintain a neutral body posture to stay comfortable during your standing work shift.

Mantenga una postura corporal neutral para permanecer cómodo mientras esté de pie durante su turno de trabajo.

1. Head and Neck / Cabeza y Cuello

Avoid twisting the neck or bending it forward, backward or to the side.

Evite torcer el cuello o doblarse hacia adelante, hacia atrás o hacia un lado.

2. Shoulders and Arms / Hombros y Brazos

- Keep shoulders relaxed, not shrugged or slumped.

Mantenga los hombros relajados, no encojidos o encorvados.

- Keep elbows close to your body. *Mantenga los codos cerca de su cuerpo.*

- Keep work at about elbow height. *Hacer su trabajo a la altura del codo.*

3. Hands and Wrists / Manos y Muñecas

- Keep hands straight and in line with the forearms. Avoid twisting hands.

Mantenga las manos rectas y en línea con los antebrazos. Evite torcer las manos.

- Avoid working with wrists pressed against sharp or hard edges. *Evite trabajar con las muñecas presionadas contra bordes agudos o duros.*

4. Back / Atrás

- Stand straight. Avoid bending forward or backward or leaning from side to side.

Párese derecho. Evite inclinarse hacia adelante o hacia atrás o inclinarse de lado a lado.

- A sit/stand stool will allow for changes in posture during your shift. *Un taburete que pueda utilizarse para estar sentado o parado permitirá cambios de postura durante su turno de trabajo.*

5. Feet and Legs / Pies y Piernas

- Using a footrest or other support will promote comfort.

Utilizar un reposapiés u otro tipo de soporte le proveerá más comodidad.

- Provide toe space to allow workers to stand closer to counters. *Provea suficiente espacio para los pies para que así los trabajadores puedan pararse más cerca de los mostradores.*

- Good quality anti-fatigue mats reduce back and leg strain. *Colchonetas anti-fatigas de buena calidad reducen dolores de espalda y tensión en las piernas.*

Posture matters.

La postura es muy importante.

6. And One More Thing...!

If you are performing a task repeatedly, remember to take scheduled breaks and rotate responsibilities regularly so you can change position. Always share with your supervisor any needs you might have. *Y algo más...! Si va a realizar una tarea repetidamente, recuerde tomar descansos programados y cambiar de responsabilidades con frecuencia para que pueda cambiar de posición. Siempre comunique con su supervisor cualquier necesidad que usted pueda tener.*

