

TAKE “MINI-BREAKS ” DURING THE DAY.

Working in the same position for a long time can be stressful to your body. Take time to stop for a short mini-break to stretch your muscles. This will actually allow you to do more work with much less fatigue, especially at the end of the day!



When working in a crouched, bent, or stooping position for a prolonged period, take regular breaks by standing up and bending backwards three times. This will help relieve muscle tension.

When working overhead in an arched position for prolonged periods, take regular breaks by returning to stable footing and bending forward three times.

