

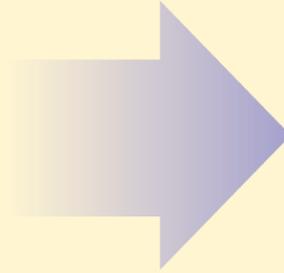
WORK SMARTER, NOT JUST HARDER

Think **Ergonomics**—fitting the task to the person
For very small businesses—cosmetology



Avoid leaning over the shampoo bowl

1
**KEEP
NECK AND
BACK
STRAIGHT**

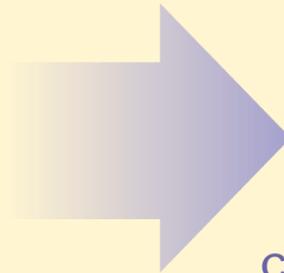


Move in closer and face the client



Avoid raising your elbow

2
**KEEP
ARMS AT
YOUR
SIDE**

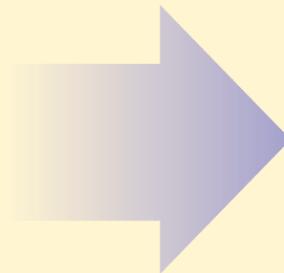


Change grip on dryer and adjust chair to keep arms at your side



Avoid bending

3
**ADJUST
WORK
HEIGHT**

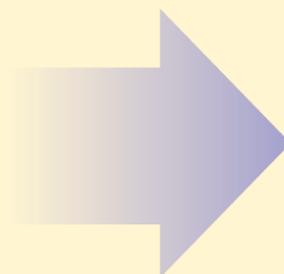


Stand upright, adjust chair height



Avoid awkward wrist positions

4
**USE
YOUR
TOOLS
PROPERLY**



Cut palm to palm and use shears that fit your hand