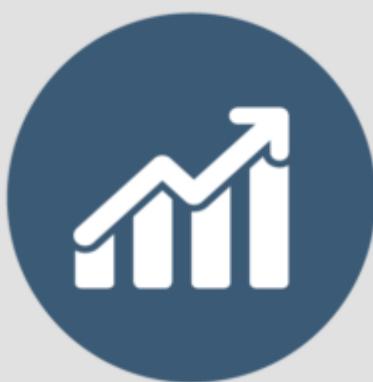


# Long Term Standing Poster



## Long Term Standing

Wear **firm** shoes (not cushy) for long term standing.

Don't stay in one spot:  
move around/walk

Stay **loose** and be **flexible**

If you get a chance to sit: **SIT**

After a long shift, get a good nights sleep – sleep allows the body to **rejuvenate** itself.