

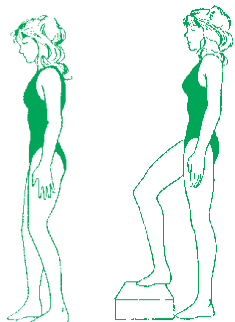


Centro de Coluna

ORIENTAÇÃO DE POSTURA

CERTO

Maneira correta de ficar em pé por longo tempo.



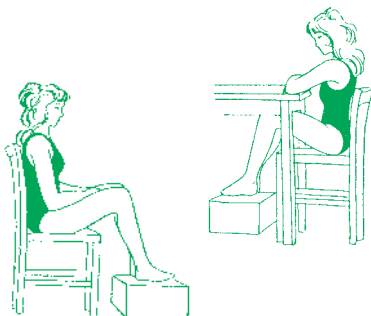
ERRADO

Maneira errada de ficar em pé por longo tempo.



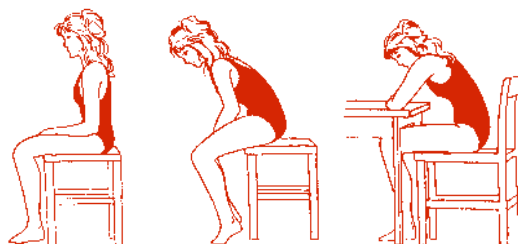
CERTO

Sentando corretamente.



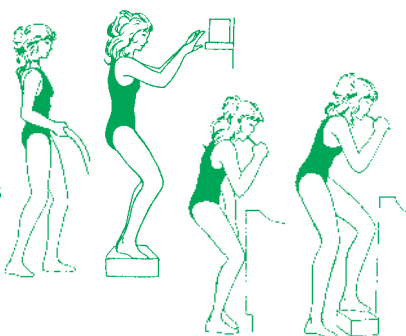
ERRADO

Hábitos incorretos de sentar.



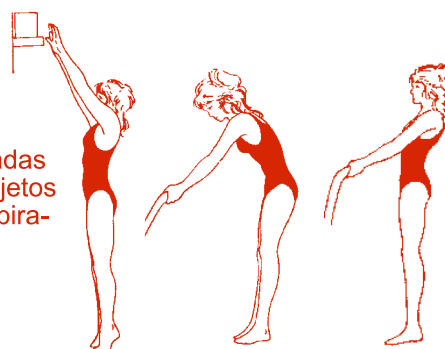
CERTO

Maneira correta de passar aspirador, escovar os dentes e pegar objetos em lugares mais altos.



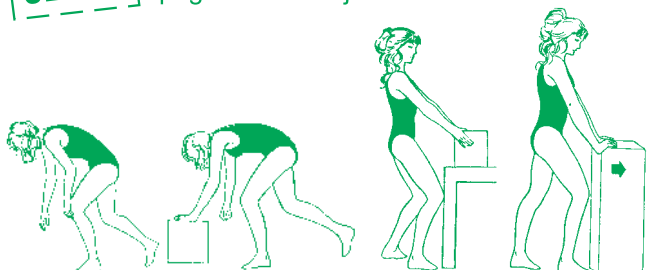
ERRADO

Formas erradas de pegar objetos e passar aspirador.



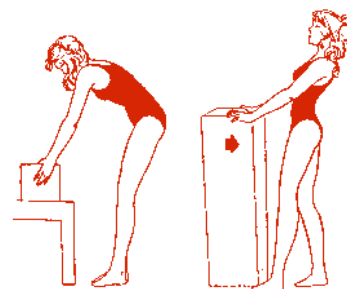
CERTO

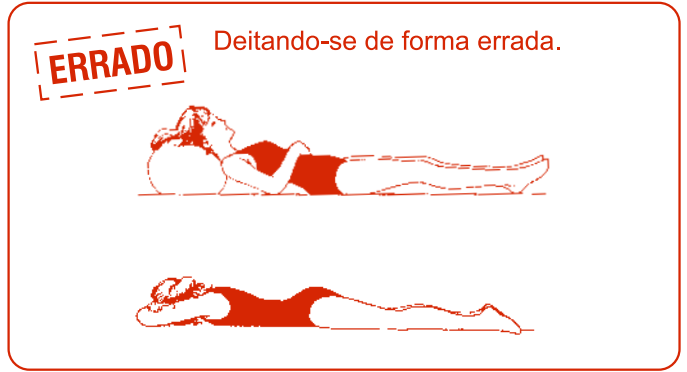
Empurrando, carregando ou pegando um objeto corretamente.



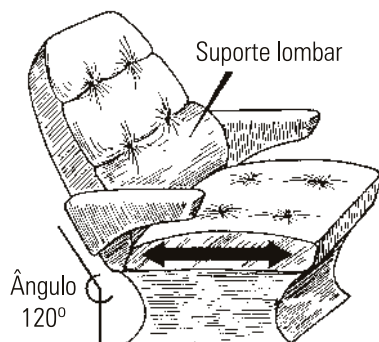
ERRADO

Nunca puxar e cuidado com a postura ao se abaixar.





POLTRONA OU ASSENTO IDEAL



Sentado corretamente:



Postura errada:

