

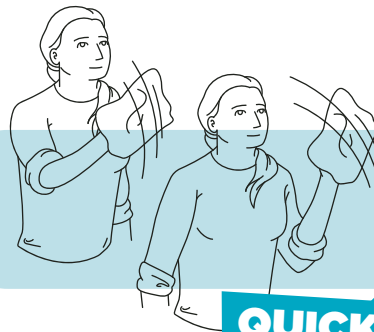


Move Well Work Well

*Let's prevent
wrist injuries*

**Give your hands and wrists
regular breaks to avoid a strain.**

HOW?

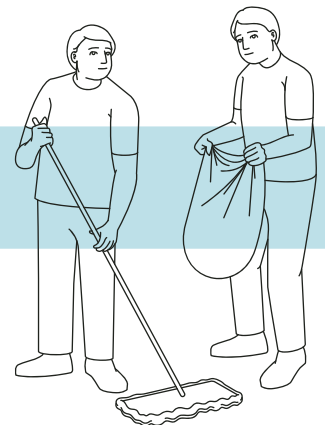


Avoid holding tools
for extended periods.
Switch hands.

QUICK TIP

Frequently **alternate between
tasks** so tired muscles can rest.

QUICK TIP



Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION



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