

# Move Well Work Well

*Let's prevent knee injuries*

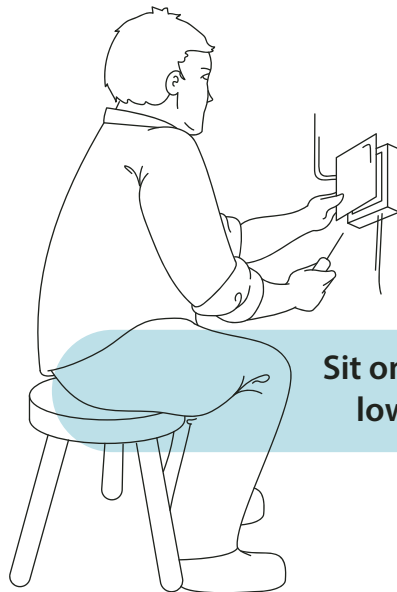
## QUICK TIP

Use **knee pads** when kneeling cannot be avoided.



## QUICK TIP

Sit on a **low stool or seat** when doing low-level work to avoid kneeling.



Stay strong. Stay safe.

Learn about  
**MSI prevention**

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INFORMATION



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