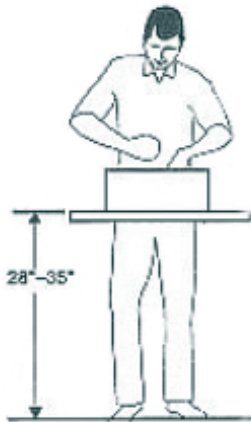


# WHERE SHOULD I PLACE MY WORK?

## HEAVY WORK

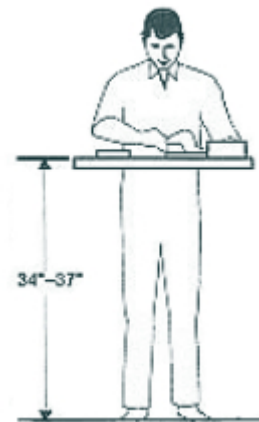
Filling boxes or bags,  
working with heavier  
downward forces



4 to 6 inches below elbow

## LIGHT WORK

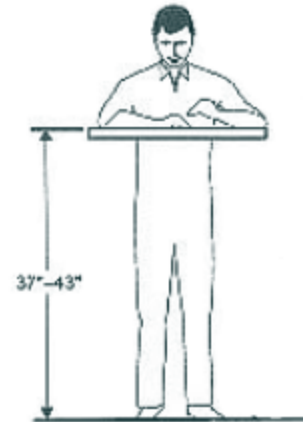
Assembly line,  
mechanical work,  
standing counter



Just below elbow height

## DETAILED WORK

Writing, detailed  
assembly, inspection  
and laboratory



4 inches above elbow