

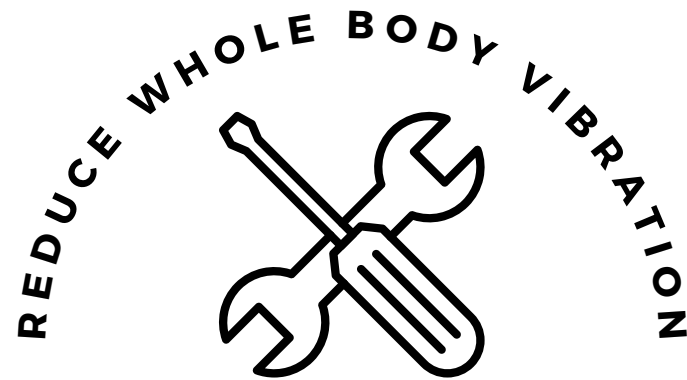


**CHECK YOUR
EQUIPMENT**
EVERY 2 - 4 HOURS

**MOVE YOUR HEAD AND NECK
WHILE MAINTAINING EYE
CONTACT HERE:**



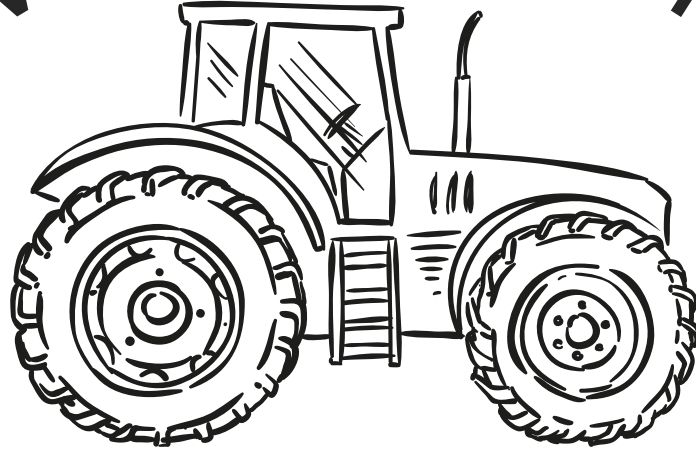
**MOVE YOUR HEAD AND NECK
WHILE MAINTAINING EYE
CONTACT HERE:**



**CHECK YOUR
EQUIPMENT**
EVERY 2 - 4 HOURS

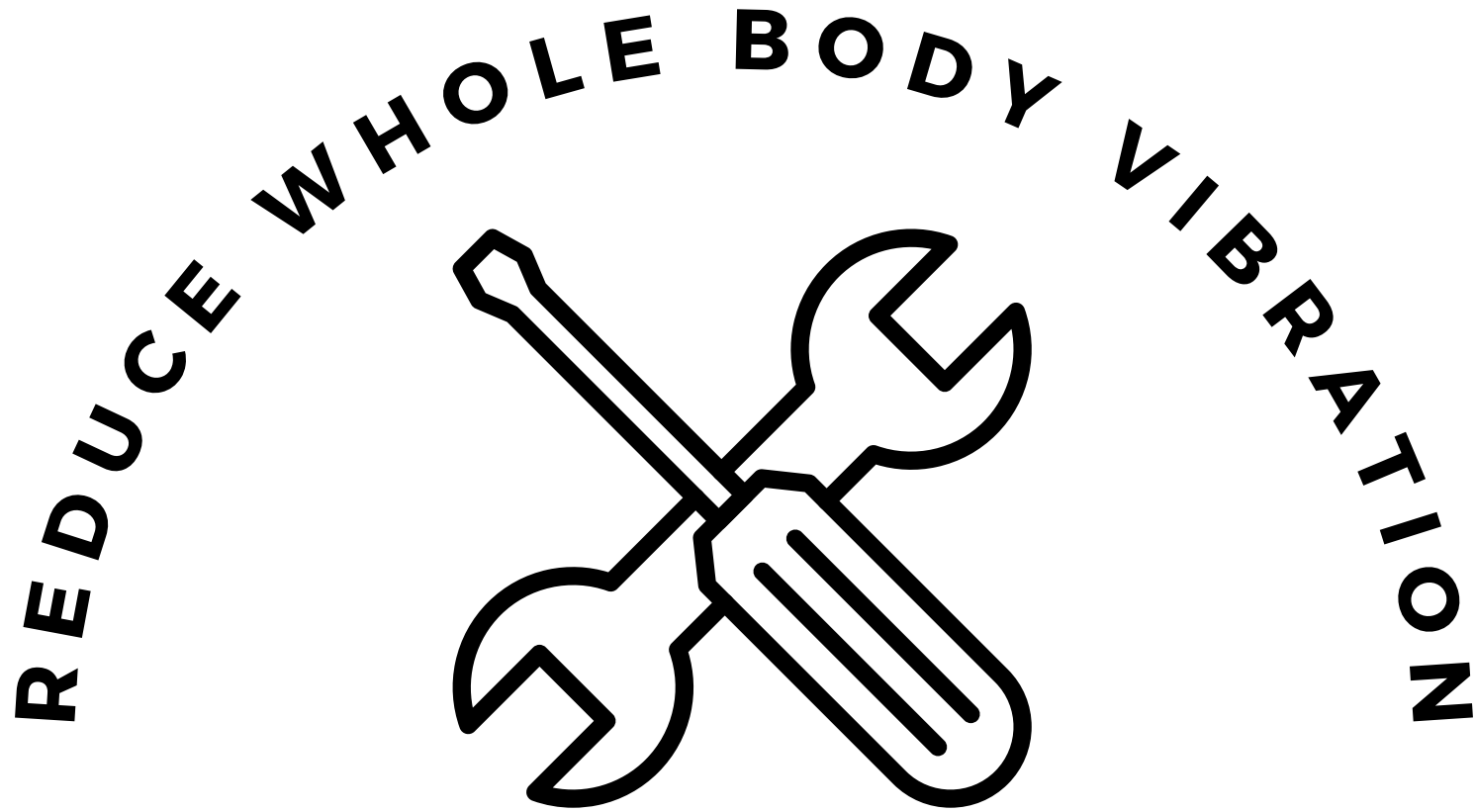


REDUCE WHOLE BODY VIBRATION



GET MOVING!

**WALK, STRETCH
OR CHECK YOUR
EQUIPMENT**



**CHECK YOUR
EQUIPMENT**

EVERY 2 - 4 HOURS

**MOVE YOUR HEAD AND NECK
WHILE MAINTAINING EYE
CONTACT HERE:**

