

# SELF-CARE DURING ANIMAL CARE

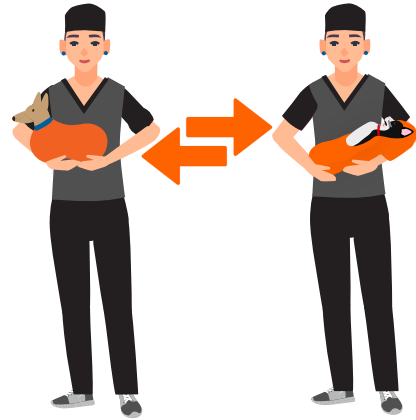
1

Warm up to prevent injuries.



2

Vary tasks and positions to rest your body.



3

Know your limitations and seek help when needed.



4

Stretch and take microbreaks during pauses in work.



5

Prepare workspaces to reduce reaching, bending, or twisting.



6

Stay hydrated and get a good night's sleep.

