

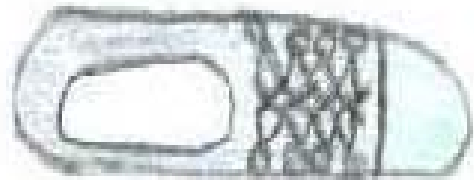
Suraksa Niyamon

Yadi apa eka kharoch nahi karana chate, to open panje joote nahi pahanate hai. Ke roop mein sundar roop mein ve kar rahe hai, unhey nahi pahanana ya nahi app nishan hu.

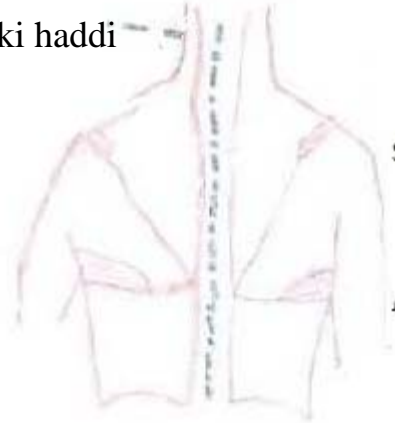
Ucche juti bhi asana ko prabhava karti hain.



Flat jutay asana ko sahi rakhnay main madatt detay hain.



Rirha ki haddi

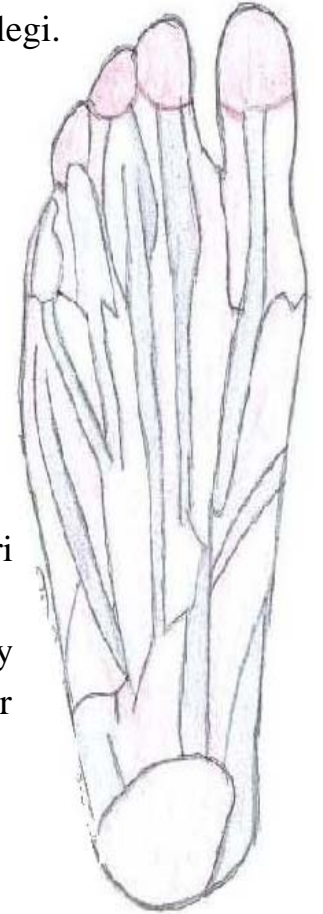


Sahi asana rirha ki haddi ko sedha rakhnay main madatt delay hay. Jutay bhi asana ko sahi raknay main madatt kartay hain.

Apnay feet ko aramida rakhain flat shoes phennay takay asana kharab na ho.



Flats mudra ke sath mein madad milegi.



Feet hifazati sub sey ziyada zaroori hain, khusoosan lariyoon kay liyay jo heels phean kar asana band kar layti hai.

APATAKALIN SAMPARK

Apne apatakalina cikitsa sampark hai:

Apni Suraksa aur Svasthya Designee
(ya manager/malik) hai:

Apni Surksa aur Svasthya Manual/SDS
hai :

Atirikta sucana:

*Nimnalikhita NJ Suraksita School Task Force
Poster Pratiyogita Vijeta: Kelcy Cordoma and
Carissa Pagano, 1st Runner Up
Myra Sewall and Gabby Smith, 2nd Runner Up
Torrie Varallo, Honorable Mention

Apatakalina Numbers
Cikitsa Apatakalina: Call 911

Zahara Nyantrana
Agar ek rasayan jata hai, call:
1-800-222-1222

NJ Paryavarn Sanraksan Hotline
Paryavaran ghatan ka hanana,
ya sikayatom ki report karane
ke, call: 1-877-927-6337

Rasayanik Phaila
Ek phail ke bare mein, call National
Response: 1-800-424-8802
aur
Ek Emergency ghatana mein, call
CHEMTREC: 1-800-424-9300

Atirikta janakari:

NJ Safe Schools Program
www.njsafeschools.org/RTK

NJ Right to Know Program
[http://nj.gov/health/eoh/rtkweb/
index.shtml](http://nj.gov/health/eoh/rtkweb/index.shtml)

OSHA web page nakhun salon ki suraksa
[http://www.osha.gov/SLTC/nailsalons/
index.html](http://www.osha.gov/SLTC/nailsalons/index.html)

COSMETOLOGY ERGONOMICS JANKARI VIVARANIK

**APANE JUTE TEEK SE
RAHKNA!**



Sambhav Banaya New Jersey Department of
Education Office of Career and Technical Education