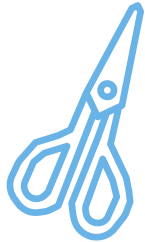




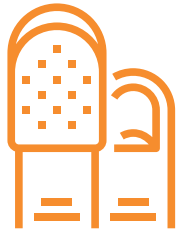
ERGONOMICS TIPS FOR HAND TRIMMING



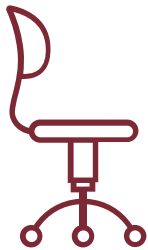
TOOLS



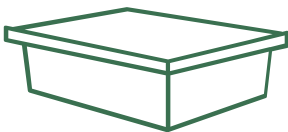
Use sharp and clean scissors for less hand stress and fatigue.



Trim using scissors with cushioned handles or use finger cots to reduce pressure points on your fingers.



Set up your chair so you have support for your back and feet.



Cushion areas where your wrists or arms rest, such as the edge of the trim tray, to reduce contact stress.



Ensure you have enough lighting to reduce eye strain from trimming.