

# Humpy chimp



## Unless we are Humpy Chimps...

Maintaining good postural habits at work can prevent strain, stress, and inflammation, which can cause chronic back and neck injuries in the long term.

Take time to take care of  
your **SAFETY** and **HEALTH**.

This poster is designed solely for the promotion of workplace safety and health to protect workers in Singapore. The workplace Safety and Health Council welcomes feedback on this poster and any workplace safety and health concerns via email: [contact@wshe.sg](mailto:contact@wshe.sg)