



## Ergonomic Animation 3D Thailand

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Ergonomic Animation is focused on keeping things safe and healthy at work. Check out some simple tips for lifting and moving stuff without hurting yourself—it's all about staying injury-free and feeling good while you get the job done!

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**ASEAN OCCUPATIONAL SAFETY AND HEALTH NETWORK (ASEAN-OSHNET)**  
Ministry of Labour, Thailand

Occupational Safety and Health Division  
Department of Labour Protection and Welfare  
Ministry of Labour, Thailand