



# Dr. Sophia Yin's 10 Principles of Handling

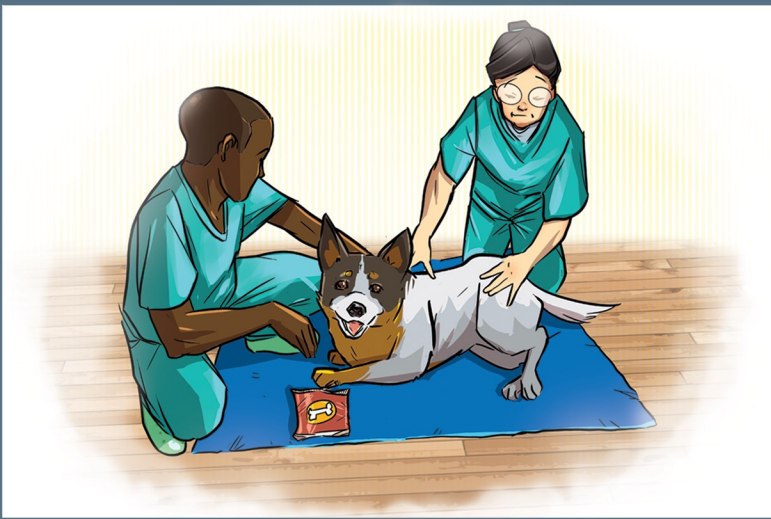
## The fundamentals of Low Stress Handling®

1. Start with a comfortable environment.
2. Keep the animal from pacing or escaping.



3. Support the animal well.
4. Move slowly to avoid the animal's resistance.

5. Know how to control movement in any direction.
6. Wait until the pet is relaxed.



7. Use the minimum restraint needed.
8. Avoid prolonged or repeated struggling.

9. Use distractions and rewards and distract when appropriate.

10. Adjust your handling based on the animal's response.

