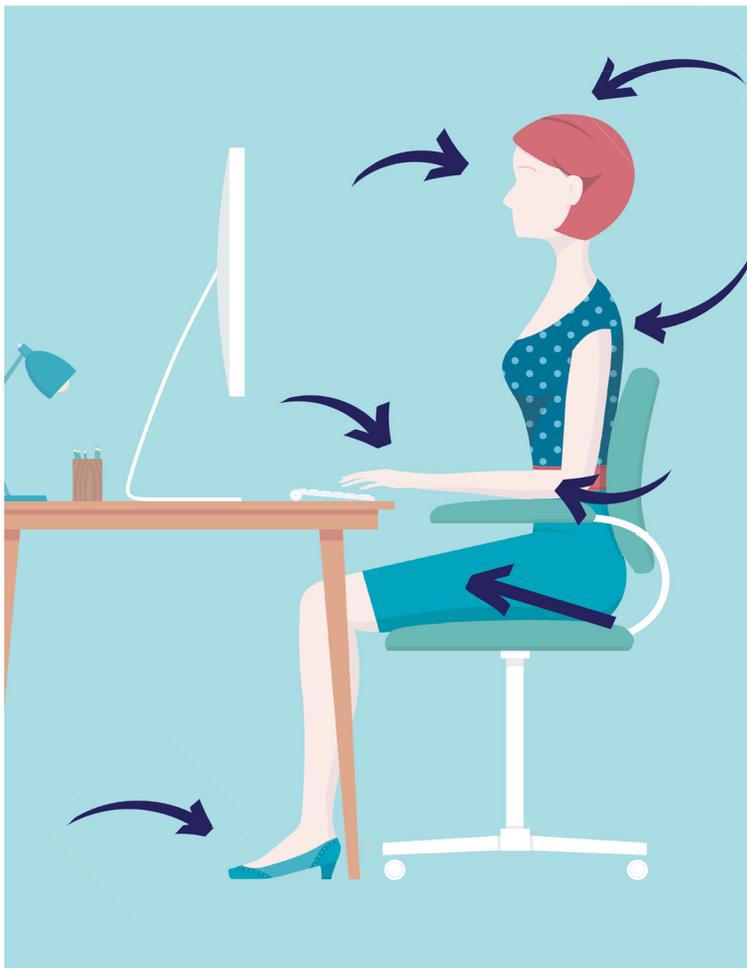


# Maintaining Good Posture

This illustration depicts the ideal sitting posture while using a computer. Most people often start out with good posture, but they quickly resort to slouching and reaching, resulting in poor posture. No posture is ideal for long periods of time. You must change your posture and position frequently by adjusting the settings on your chair and alternating tasks (typing, writing, walking, stretching, and standing) as often as possible. This will ensure the body stays active and reduces the risk of injury.



**Head** should be upright and over your shoulders.

**Eyes** should be looking at the top third of your monitor, without bending your neck.

**Back** should be supported by the backrest of the chair that promotes the natural curve of the back. Your upper back should also be supported. Avoid a posture where you are leaning forward.

**Shoulders** should be relaxed.

**Elbows** should be at 90 degrees or greater. The forearms can be supported on the arm rests if the arm rests are appropriate.

**Wrists** should be in a neutral posture (straight) and hands should be floating above the keyboard. Avoid planting your wrists on the desk!

**Thighs** should be horizontal with a 90 degree to 110 degree angle at the hip.

**Feet** should be fully supported and flat on the floor. If this isn't possible, then the feet should be fully supported by a footrest.

## Posture is the most important aspect when looking at workstation design.

Your chair, work surface, accessories, monitor and input devices can help, or hinder, in maintaining good posture. Having an ergonomic chair can facilitate neutral posture, but it does not guarantee good posture. It is up to you to learn and practice good posture.