



Don't Slouch!

While the term "good posture" might conjure up images of Southern debutantes carrying books on their heads, holding the head high and the shoulder back can do everyone some good. At work, good posture - whether you are standing or sitting - helps prevent discomfort and body fatigue. Here's what you can do.

At your workstation remember to change positions frequently, and keep your body in what is called the neutral posture:

- Body is relaxed, with arms hanging loosely at sides.
- Wrists are neutral.
- Shoulders are relaxed.
- Elbows are close to the body.

Check that your working surfaces and seats are designed to eliminate the need to work in an awkward position for an extended period of time. If you are exposed to any of the following circumstances for long periods at a time, and are uncomfortable, have your supervisor investigate the problem:

- Bend your neck forward more than 15 degrees.
- Lean forward or twist sideways.
- Crouch over your work.
- Work with arms above your head or out, away from your body.
- Use awkward wrist positions, especially if work is repetitive or requires forceful movements.

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