

Seating Tips

Sitting in one position for a long period of time may decrease circulation and increase muscle fatigue. This is a risk that may cause injury - and this risk can be eliminated.

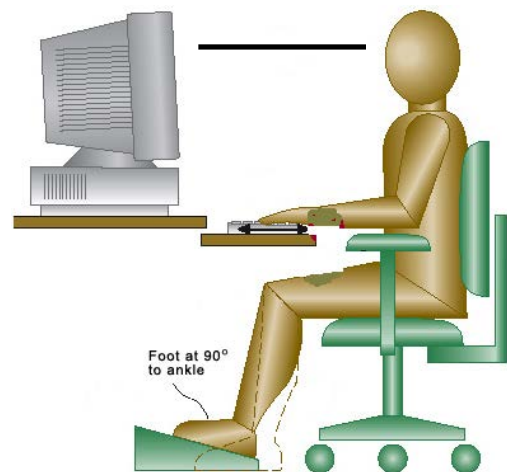
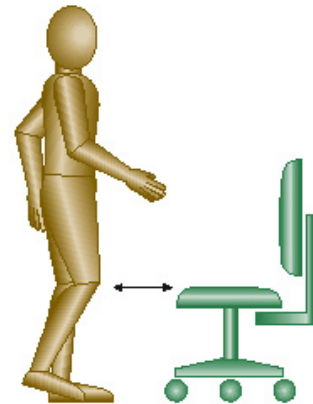
Adjust your position throughout the day:

- recline slightly - easing the pressure off your lower back
- take frequent mini-breaks to stand and stretch
- perform stretching activities while seated

It is beneficial to know how to adjust your chair for maximum comfort. Someone trained in ergonomics can complete an assessment for you and make recommendations to reduce or eliminate risks that may be present.

Tips:

- The chair seat is just below your kneecaps when standing and facing the chair.
- The backrest supports your lower back.
- The chair back is between 90 to 130 degrees.
- Thighs are parallel to the floor and knees at about the same level as the hips (equal to or slightly lower).
- When seated, there is a fist width between the edge of the seat and the back of your knee.
- Feet are flat on the floor; or use a footrest if appropriate.
- There are five to seven (5-7) centimeters between the top of the thighs and the underside of the workstation.
- Armrests allow you to rest your arms at your sides and relax/drop your shoulders while keyboarding. Your elbows and lower arms rest lightly on armrests.



Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!