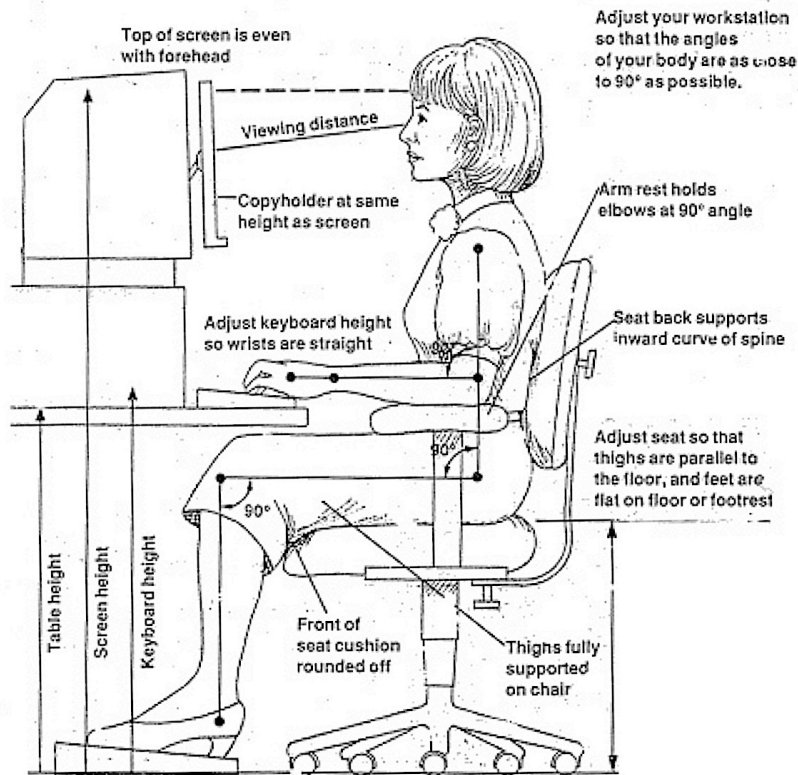


WHEENK! HEALTH

ERGONOMICALLY SPEAKING...

GOOD POSTURE IS IMPORTANT BECAUSE IT HELPS YOUR BODY FUNCTION AT PEAK PERFORMANCE. WE OFTEN THINK ABOUT OUR POSTURE IN STANDING, BUT IT IS ALMOST MORE IMPORTANT TO ADDRESS OUR SEATED POSTURE SINCE MANY PEOPLE SPEND LONGER HOURS IN THE SEATED POSITION THAN STANDING. FAULTY POSTURE MAY RESULT IN FATIGUE, MUSCULAR STRAIN, AND, IN LATER STAGES, PAIN. HERE ARE A FEW TIPS TO MAINTAIN GOOD POSTURE WHILE SEATED.

- SIT WITH YOUR BACK FIRMLY AGAINST THE CHAIR, CHAIR SHOULD BE LOW ENOUGH TO ALLOW PLACEMENT OF BOTH FEET FLAT ON THE FLOOR WITH KNEES SLIGHTLY HIGHER THAN THE HIPS.
- KEEP YOUR HEAD UP AND AVOID LEANING FORWARD.
- IF YOU WORK AT A DESK FOR LONG HOURS, KEEP YOUR CHAIR CLOSE TO THE DESK TOP TO HELP MAINTAIN YOUR UPRIGHT POSTURE.
- AND LASTLY, NO MATTER HOW GOOD YOUR DESK SET UP, REMEMBER, YOUR BODIES IS DESIGNED TO MOVE. GET UP AND TAKE FREQUENT BREAKS.



SHARED BY,
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