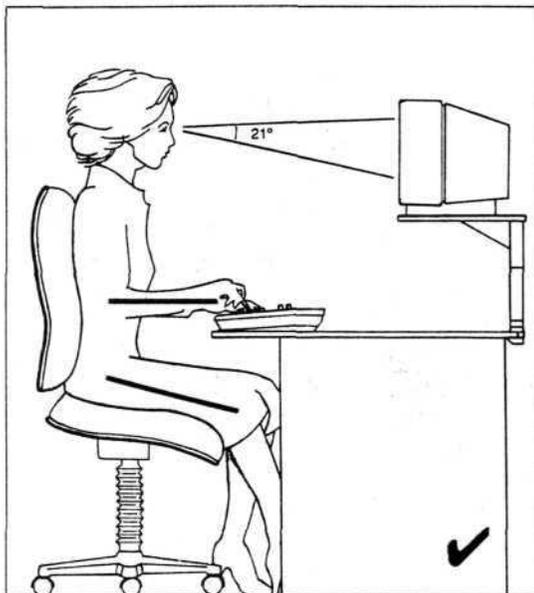


Healthy sitting to avoid back pain...

A Guide to Healthy Working in the Office



Ideal Posture when working with a screen

The Head

The head is held over the shoulders and is in line with the buttocks.

The Chair Seat

The seat should tilt forwards and the chair have a 'rocking' action. Adjust seat height so the hip joint is higher than the knee joint.

The Advance Two Step

Place one foot in front of the other, try alternating feet position during the day.

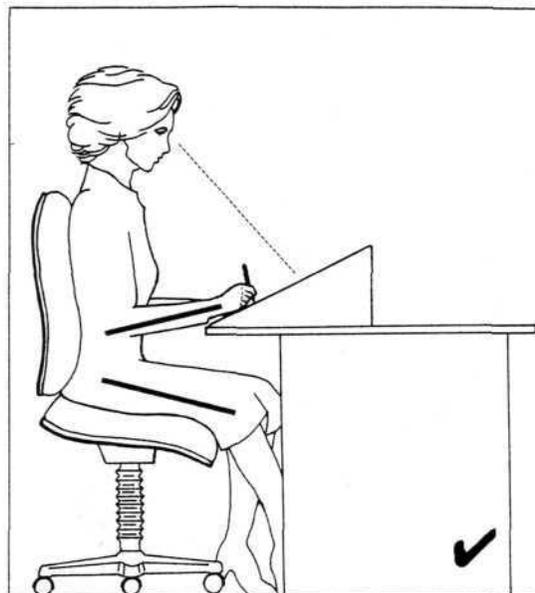
Movement is essential, exercise throughout the day, by rocking three to four times at half hourly intervals.

Desk Height

The middle row of the keyboard is level with the elbow. (If the desk is too low use our 'Desk Feet' to raise it. If your desk is too high use our 'Foot Stand' and raise the seat height).

Eye Height

The top of the VDU screen should be level with the eyes, and not lower than 21 degrees at the base.



Ideal Posture when writing

The Head

The head is held over the shoulders and is in line with the buttocks.

The Chair Seat

The seat should tilt forwards and the chair have a 'rocking' action. Adjust seat height so the hip joint is higher than the knee joint.

The Advance Two Step

Place one foot in front of the other, try alternating feet position during the day.

Movement is essential, exercise throughout the day, by rocking three to four times at half hourly intervals.

The Writing Angle

A writing slope helps stop the body from leaning forwards, keeping the the head upright to reduce neck and shoulder strain.

Elbow Height

The elbow should be just below the desk top. (If the desk is too low use our 'Desk Feet' to increase its height, or if the desk is too high use our 'Foot Stand' and raise the seat height).

Remember

To maximise health benefits and avoid back pain, sit correctly.

Use your chair with a forward tilting seat, maintain a balanced spinal position, by keeping your working posture upright and rock often.

Using a forward tilting seat may feel odd initially but your body will soon adjust to enjoy this healthier way of sitting.