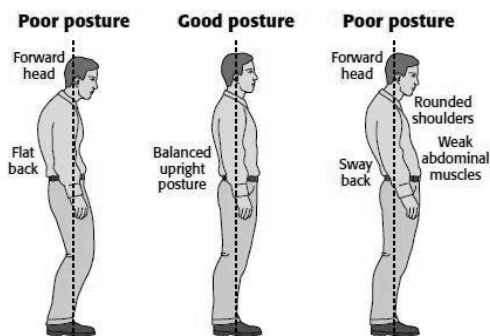


Posture

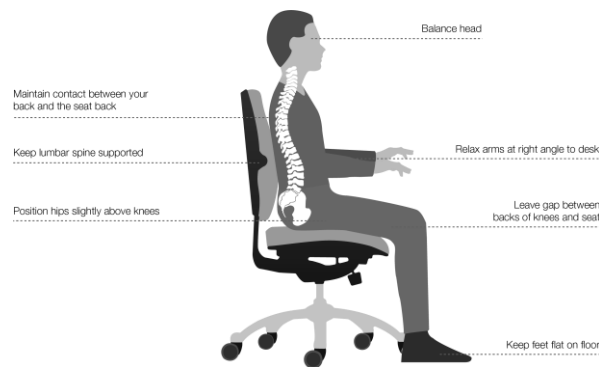
Below are reminders of correct posture when standing and sitting. Correct posture is important because it keeps your bones and joints in alignment. This decreases the abnormal wearing of joint surfaces, reduces stress on the ligaments, and allows your muscles to work more efficiently. Posture takes practice. Concentrate on a few key points at a time and add more as needed – don't get overwhelmed.

Standing Posture



1. Stand straight and tall with your shoulders back.
2. Keep your head level and in line with your body
3. Pull in your abdomen
4. Keep your feet shoulder width apart, and do not lock your knees
5. Support your weight primarily on the balls of your feet.
 - a. If standing for long periods of time, shift your weight from your toes/heels or and side to side.
6. Let your hands hang down naturally at your side.

Sitting Posture



1. Adjust the height of your chair so your feet rest flat on the floor or on a footrest.
2. Keep your knees at or below the level of your hips.
 1. Try to avoid crossing your legs and keep the ankles out in front of your knees.
3. Adjust your chair to support your back or place a small pillow behind your lower back.
4. The top of your monitor should be at or slightly below eye level.
5. Keep your head and neck balanced and in line with your torso.
6. Relax your shoulder and keep your forearms parallel to the ground.

Additional Posture Tips

1. When Driving...
 - Your head should be against the headrest, not too far forward
 - Upper back is pressed against the seatback.
 - A two-finger gap from the seat to the back of your knees.
2. When on your phone...
 - Try and hold your phone at eye level and avoid bending head forward and looking downward.