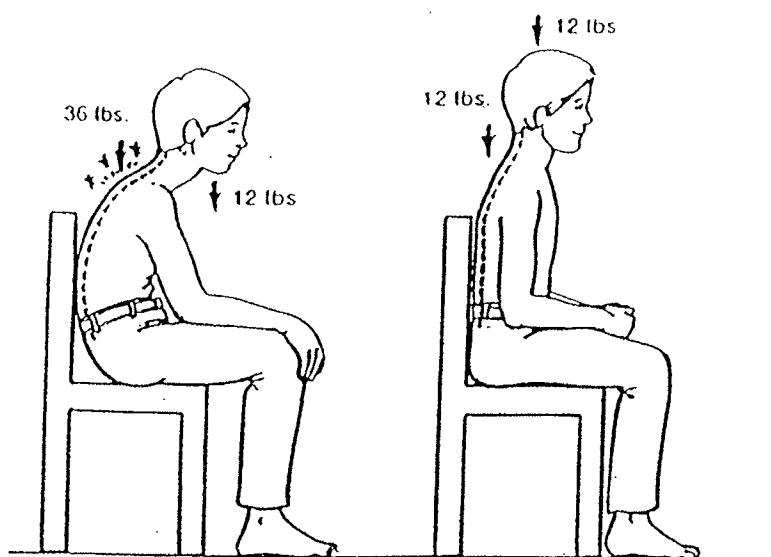


SITTING POSTURE

Sitting is one of the most stressful positions for the back. For this reason it is especially important to maintain the normal curve in the lower back when sitting in order to reduce the stress placed on the ligaments, facet joints, discs, and muscles.



A human head weighs roughly 12 lbs. As you can see from the above diagram the further forward the head is the greater the amount of strain on the back and neck.

What to look for and how to achieve a better sitting posture:

- Have your lower back against a support.
- Try to keep your feet flat on the floor and shoulder width apart.
- Have $\frac{3}{4}$ of your upper leg supported by a seat.
- Keep your knees at the same level or slightly above your hips.
- Maintain the natural curves of your back.
- Avoid leaning forward.
- Get close to your work.
- Maintain head position, work at eye level.
- Keep arms supported at sides, close to your body with shoulders relaxed.