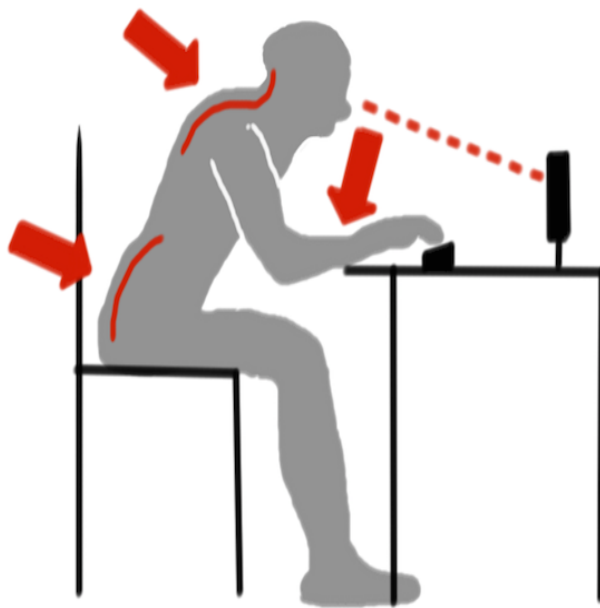




Desk Based Posture

How to reduce repetitive strain




Desk related repetitive strains often come from holding postures that increase tension and load to the muscles over the neck, upper back, and lower back; increasing the strain on the body.

Over straining positions often include:









-  A slumped low back as a result of poor chair support and a forward sitting angle
-  An over curved upper spine with the head tipped up to compensate, compressing the lower neck

Often these faults are encouraged by:-

-  Having the screen to low forcing you to look down.
-  Having the chair to far from the desk, forcing you to lean forwards to reach.
-  Not allowing enough space for the forearms to rest on the desk, adding strain to the shoulders and wrists.

Better posture allows the spine to be maintained in an upright neutral position by:-

-  Making use of a low back support roll or lumbar support to help maintain the correct curve.
-  Keeping the hips at the back of the seat.
-  Keeping the mid back in contact with the chair to maintain an upright posture.
-  Sitting the chair closer to the desk so you can reach without sitting forwards.
-  Elevating the screen so it is at eye height, allowing you to look forwards instead of down.
-  Allow enough space on the desk to rest your forearms comfortably.

