



Safety Share

Sitting Position



- Head in line with torso.
- Back is straight. Lower back curve supported by backrest, sitting upright or leaning back slightly.
- Shoulders back and relaxed, not rounded or raised.
- Upper arms hanging alongside torso. Elbows close to body.
- Forearms, wrists and hands relaxed and straight. Forearms horizontal and settled onto arm rests. Hands floating over keyboard when typing.
- Knees same height as, or slightly lower than hips. Minimal compression behind legs and knees.
- Feet supported by the floor or a footrest.

- Arrange desk so frequently used items are easy to reach without leaning forward.
- Alternate between sitting, standing and walking throughout the day. Get up and move for a few minutes after 20 to 30 minutes of sitting. Stretch periodically.