



# Safety Share

## Standing Position



- Head in line with torso.
- Back straight, standing tall and upright.
- 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 when using a computer.
- Feet flat on the floor, or one foot on a footrest, alternating during prolonged standing. Move your legs and feet often.

- Keep frequently used items within easy reach.
- Build up standing tolerance. Take frequent breaks within the first hour.
- Alternate standing, sitting and walking. Move around, sit or stretch at least every 30 minutes.
- Slouching or shifting your weight to one side indicates the need to change posture.
- Wear supportive footwear with low, wide heels no higher than one inch.
- A flat footrest five inches in height may be comfortable.