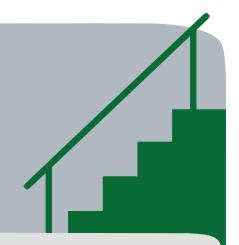# 7 Steps to
BETTER POSTURE AT WORK

Goal: Improve your posture at the workplace to reduce the risk of musculoskeletal disorders.

1. Adjust Your Chair
Ensure your chair height allows your feet to rest flat on the floor, with your knees at a 90-degree angle. Your thighs should be parallel to the ground.

2. Position Your Monitor
Place your monitor at eye level, about 20-30 inches away from your face. The top of the screen should be at or just below eye level to avoid straining your neck.

3. Keyboard and Mouse Placement
Keep your keyboard and mouse close to each other, at elbow height. Your wrists should be straight, and your elbows should be at a 90-degree angle.

4. Sit Back in Your Chair
Utilize the backrest of your chair to support your lower back. Avoid leaning forward or slouching, as this can strain your spine.

5. Take Regular Breaks
Stand up, stretch, and walk around every 30 minutes to reduce stiffness and maintain good circulation.

6. Keep Feet Flat
Keep your feet flat on the floor or on a footrest. Avoid crossing your legs, which can affect blood circulation and lead to discomfort.

7. Maintain a Neutral Spine
Keep your ears, shoulders, and hips aligned when sitting. Avoid leaning to one side, which can create imbalance and tension in your muscles.

Implement these steps daily to improve your posture, reduce discomfort, and enhance your overall well-being at work!

WORK HEALTH

HEALTHY