Nonprofit Safety Hero

Ergonomics Highlight Reel: Working While Sitting

Our bodies are the safest and most efficient when they are in a neutral position. What does a neutral position look like?

Alex's back needs to be straight, and her forearms, thighs, and feet need to be parallel to the floor. Her wrists need to be straight, and her head needs to be facing forward. Make sure she has the best chair for the work, one that provides back support and possibly a lumbar cushion.

Adjust the chair height and add a footrest if necessary. Check the monitor height and the position of her hands. Then, remind Alex that she needs to take breaks every 25 minutes. That's the basics of body position. It's time for you to stand up now, so let's do an activity. Get up and walk around your workspace.

Find someone sitting or standing while doing a task. Check the following five areas, and notice if they're in a neutral position. Is their head straight? Are their shoulders relaxed? Is their lower back supported? Are their wrists straight? Are their feet supported? Repeat this activity as many times as you need to.