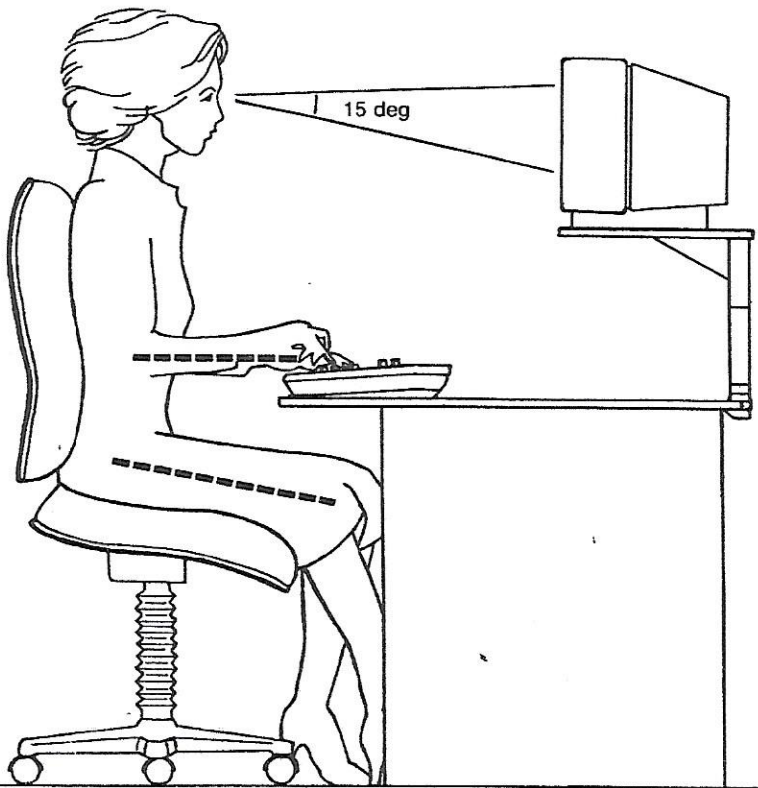


# HEALTHY SITTING TO AVOID BACK PAIN

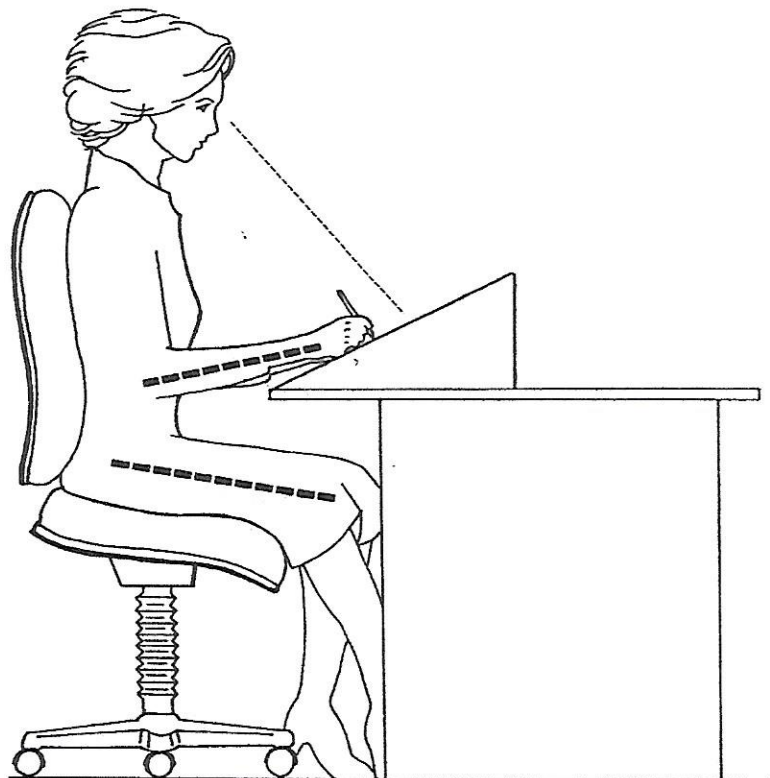
## Ideal Posture when working with a Screen



1. The Head is held over the shoulders and is in line with the buttocks.
2. The Seat should tilt forwards and the chair have a 'rocking' action. Adjust seat height so the hip joint is higher than the knee joint.
3. Place one foot in front of the other, try alternating feet position during the day. Movement is essential, exercise throughout the day, by rocking 3-4 times at half hourly intervals.
4. The middle row of the keyboard is level with the elbow. (If the desk is too low use our Desk Blocks to raise it. If your desk is too high use our Foot Stand and raise seat height).
5. The top of the VDU screen should be level with the eyes, and not lower than 15 degrees at the base.

## Ideal Posture when Writing

1. The Head is held over the shoulders and is in line with the buttocks.
2. The Seat should tilt forwards and the chair have a 'rocking' action. Adjust seat height so the hip joint is higher than the knee joint.
3. Place one foot in front of the other, try alternating feet position during the day. Movement is essential, exercise throughout the day, by rocking 3-4 times at half hourly intervals.
4. A writing slope helps to keep the head upright and avoids bending forwards whilst writing.
5. The elbow should be just below the desk top. (If the desk is too low use our Desk Blocks to increase its height, or if the desk is too high use our Foot Stand and raise seat height).



### **Remember:-**

**For your body to work efficiently and so remain healthy always position your chair and your desk environment to suit you.**

**Using a forward tilting seat may feel odd initially but your body will soon adjust to enjoy this healthier way of sitting.**