



GO Ergo!

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Garrett-Stotz Company

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Sit Up Straight to Promote Back Health

Did you know that sitting makes the body flexed at the base of the spine, which can put three times more pressure on your back than when you are standing? That's approximately 400 pounds of pressure!

To avoid back injuries while sitting for long periods

- ❖ Sit back in your chair and utilize the lumbar support to keep your head and neck erect.
- ❖ Use a chair that allows your feet to touch the floor, your hips to sit slightly higher than your knees and one that properly supports the curve of your spine.
- ❖ Sit close to your desk or workstation.
- ❖ Evenly distribute your weight through your pelvis and feet.
- ❖ Adjust your chair so that your workstation is at elbow height.
- ❖ Sit so that a fist could pass behind your calf and in front of the seat to keep the backs of your legs from being pressed against the

Good Driving Posture Tips

Sitting in a car for a long commute is similar to sitting at a desk all day; it can have adverse effects on your back. To avoid unnecessary strain on your back from driving, consider these safety recommendations:

- Sit with your knees level with your hips.
- Place a rolled towel or commercial back support between your lower back and the seat to add comfort and support to the curve in your spine.
- Sit a safe and comfortable distance away from the steering wheel. Sitting too far away will cause you to have to excessively reach to steer, whereas sitting too close can pose risk of an airbag injury. Keep 10 inches between the center of the airbag and your breastbone to be safe.



Injury Prevention Chair Adjustments

Limit the strain on your back and neck by adjusting your workstation and chair properly. Here are some ways to do so:

- ❖ Adjust your seat height so that your feet are flat on the ground and your knees are slightly lower than your hips.
- ❖ Adjust the back of the chair to a 100 to 110 degree reclined angle.
- ❖ Position the armrests so that your shoulders are relaxed. If the armrests are getting in your way, remove them.
- ❖ Position the keyboard directly in front of your body and at close range.
- ❖ Adjust the keyboard height so that your shoulders are relaxed and your elbows are in an open position. Your wrists and hands should also be straight.

- ❖ Use the keyboard tray or keyboard feet to adjust the tilt to a comfortable position.
- ❖ Use a wrist rest to maintain a neutral position. Only rest your palms between key strokes.
- ❖ Position your computer monitor approximately 2 to 3 inches above eye level.
- ❖ Sit an arm's length away from the screen.
- ❖ Position reading material directly in front of you, using an in-line copy stand or place them next to your monitor in a document holder.
- ❖ Use a handset or speaker phone as opposed to cradling the handset between your shoulder and ear.
- ❖ Stand up, stretch and walk around for a few minutes every hour. This will alleviate any stiffness or soreness that you may be feeling from sitting.



This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.