

COMMITMENT

To Safety

GOOD POSTURE – DON'T SLOUCH!

The term "good posture" might conjure up images of Southern debutantes carrying books on their heads, holding the head high and the shoulder back – and it's TRUE – good posture can do everyone some good.

At work, good posture - whether you are standing or sitting - helps prevent discomfort and body fatigue. Here's what you can do.

At your workstation remember to change positions frequently, and keep your body in what is called the neutral posture:

- Body is relaxed, with arms hanging loosely at sides.
- Wrists are neutral.
- Shoulders are relaxed.
- Elbows are close to the body.

Check that your working surfaces and seats are designed to eliminate the need to work with a bent spine. If you work under any of the following circumstances, have your supervisor investigate the problem:

- Bend your neck forward more than 15 degrees.
- Lean forward or twist sideways.
- Crouch over your work.
- Work with arms above your head or out, away from your body.
- Use awkward wrist positions, especially if work is repetitive or requires forceful movements.

Source: National Safety Council