

And the Award for Best Posture Goes to...

Posted in: Office Ergonomics, Home Office

All of the above... at least almost all of them.

There is not one perfect posture. Change your posture frequently. Look around your office. There are probably very few people sitting up perfectly straight.

There are a couple of simple things you can do to create different ergonomic sitting positions:

- ✓ Check your chair and see if the back rest or chair can go into a 'floating mode'. Typically this is done by adjusting a tension adjustment knob located underneath the front of the chair or a "back lock" lever on the side (Ohhh!!! So that is what it's for!)
- ✓ Even if you can't do this, change your chair adjustments throughout the day, stand up when you can, or even occasionally sit forward on your chair.



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