

Good Posture - Rate Yourself

Posted in: Ergonomics Early Intervention, Office Ergonomics

Good posture is a good habit that contributes to the well-being of the individual... Conversely, bad posture is a bad habit. The ideal alignment of the body may not be attainable in every respect, but it is the standard toward which efforts to attain it are directed. – Kendall, McCreary and Provance, 1993.

The greatest thing about posture is that we control our posture and postural habits.

- ✓ Do you know what good posture is?
- ✓ Do you use good or bad posture?
- ✓ Do you squeeze the phone between your ear and shoulder or hold it to your ear with your hand?
- ✓ Do you slouch in your chair or do you slide your hips to the back of the seat every time you sit down?
- ✓ Do you lean on your elbow rather than sitting back in your chair?
- ✓ When you look back on the last year, how do you rate yourself? What can you do to improve this year?

I usually work until I'm sore and then take a break. I don't have a cue which stretches or exercises I should be doing.		I normally take breaks at least once per hour throughout the day but I don't do anything else to help prevent discomfort.				I take frequent breaks throughout the work day and perform exercises and stretches to stay strong and prevent injury.			
1	2	3	4	5	6	7	8	9	10



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