

## MSI Pillar 3: Posture - Rate Yourself

Posted in: Musculoskeletal Injury Prevention Series (1-4)

- 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 third pillar, and one of the most important pillars, is posture.
- The greatest thing about posture is that we have the ability to control our posture and our postural habits.
- Do you use good or bad posture?
- Do you focus as much on your posture at work as you do when you golf or play other sports?
- Do you try to maintain a good low back curve in most working situations?
- Do you avoid twisting by keeping your hips and chest facing the same direction when turning?
- Do you take the time to set up your work to allow you to work in good posture?
- When you must work low to the ground, do you wear a kneepad(s) to kneel on one knee for a stable, more neutral working position?
- Do you bend properly from your hips? Or do you collapse your low back into a slouch (see picture above).
- When you look back on the past few months or year, how do you rate yourself? Do you choose to do better?



**ERGORISK**

This article was written by ErgoRisk

I don't think about my posture when I'm working. I don't know how to properly position my body when I'm working.		I know what 'neutral' posture is for the spine. I try to maintain this during the day but often forget and end up in poor posture.		I know what 'neutral' posture is for the spine. I strive to work with good back, neck and arm posture in all tasks.					
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