

Office Posture Do's and Don'ts

Posted in: Office Ergonomics, Posture, Breaks and Stretches

Awkward posture slowly creeps up on us.

If you go on a mission searching for awkward postures like leaning on your elbows, you are probably going to be disappointed if you go first thing in the morning.

BUT, if you take a look around your workgroup around the mid-afternoon 'crash', you will probably find your co-workers melting into their desk.

Our bodies aren't meant to stay in one position all day. So, once our stabilizing muscles get fatigued, we start to 'melt'.

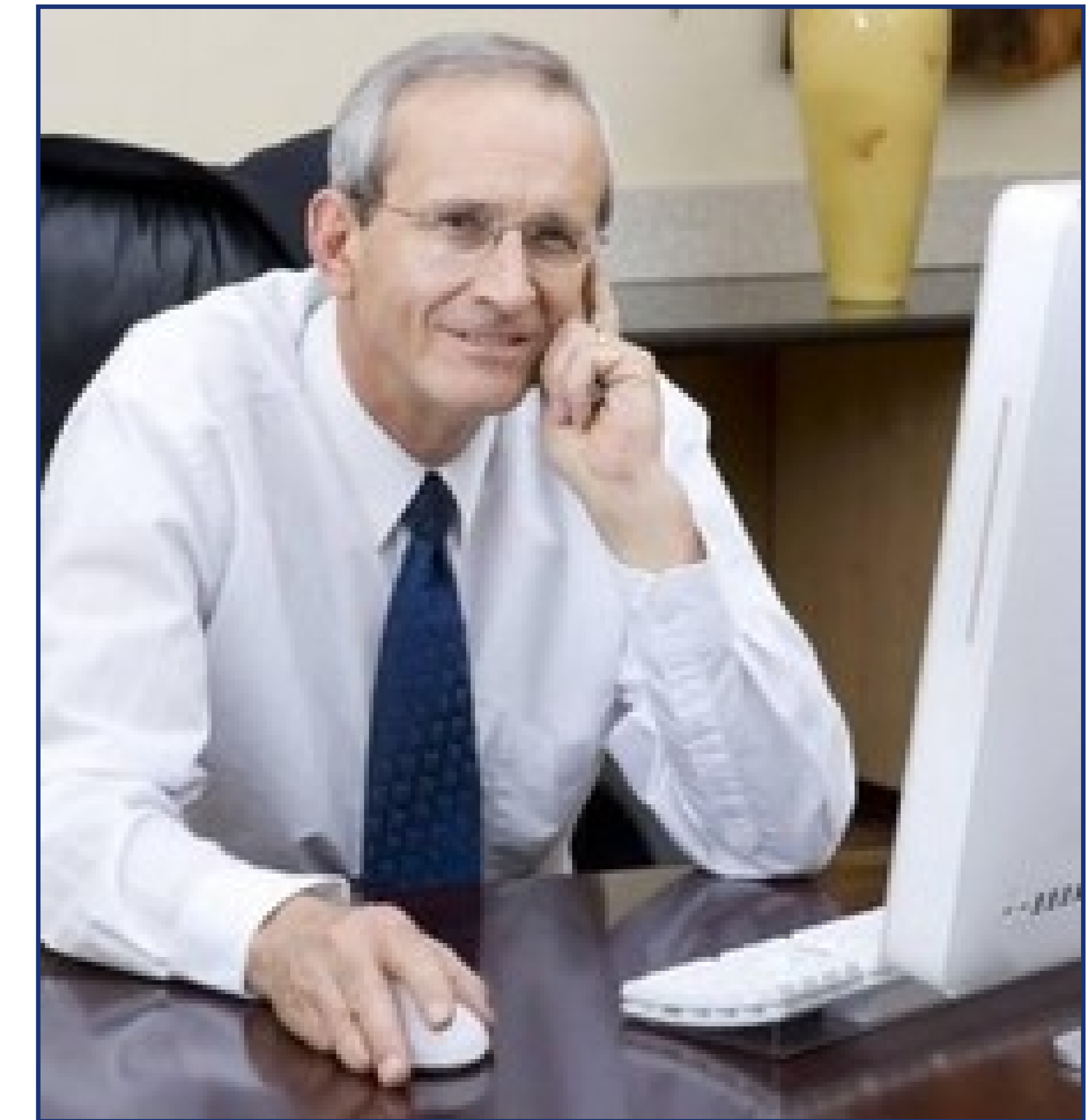
Call it what you want, but melting, slouching, head forward posture and leaning our elbow on the desk are all related to the fact that we are spending too much time in one place (our desks!).

Encourage your co-workers to take microbreaks and stretch breaks. Or at least, get away from the computer at lunch. (And if you don't take lunch, you may want reconsider after you check your posture by mid-afternoon!)

Be on the look-out for these simple to solve habits and risk factors.

And remember the definition of insanity, "... doing the same thing over and over again and expecting a different result." Ben Franklin'

When are you going to change your habits?



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