



ERGO REMINDER

Adjusting Your Chair

Contrary to popular belief, sitting, which most people believe is relaxing, is hard on the back. Sitting for long periods of time can cause increased pressure on the intervertebral discs. Sitting is also hard on the feet and legs. Gravity tends to pool blood in the legs and feet and create a sluggish return to the heart.

The following recommendations can help increase comfort for computer users:

- Don't stay in one static position for extended periods of time.
- When possible alternate between sitting and standing.
- Adjust height of backrest to support the natural inward curvature of the lower back.
- Adjust height of chair so feet rest flat on floor (use footrest if necessary).
- Don't use armrests to slouch.
- Adjust height and/or width of armrests so they allow the user to rest arms at their sides and relax/drop their shoulders while keyboarding.
- Where armrests are used, elbows and lower arms should rest lightly so as not to cause circulatory or nerve problems.

