



ERGO REMINDER

How Is Your Posture?

Maintaining good posture and utilizing good body mechanics helps to maintain your body's flexibility, strength and overall fitness. Here are a few basic reminders:

When sitting:

- Sit up straight and do not slump
- Sit close to your work
- Get up periodically and stretch

When standing:

- Maintain a neutral, slightly arched lower back position
- Pull your stomach in and keep your head erect
- Wear comfortable shoes
- Change positions and move around periodically
- Keep your work at a comfortable height

