



## 5. Posture - sitting



What do you see in terms of:

Note: For background information, see other side.

- the height of the work surface in relation to the worker?
  
- the quality of the seat/chair?
  
- back support?
  
- how the seat height is adjusted?
  
- foot rest?
  
- how long the person sits?

In conclusion, the current situation

is acceptable

needs improvement

What *specific* improvements can be made?

Should we analyze the situation or the proposed solutions in more detail?

no

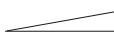
yes - more detail on other side





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Ergonomic design

We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Height of the work surface</b>	If badly adjusted: <ul style="list-style-type: none"> <li>• bad postures</li> <li>• extended arms &amp; rounded back</li> <li>• difficult movements</li> </ul>	Adjust the work surface depending on the task: <ul style="list-style-type: none"> <li>• support forearms: a few cm/inches above elbows</li> <li>• industrial work that requires free arm movements: 5 to 15 cm (2" - 6") below the elbows</li> <li>• computer or typing work: keyboard sloping away and slightly below the elbow is best</li> </ul>
<b>Chair quality</b>	If it's not good: <ul style="list-style-type: none"> <li>• poor postures</li> <li>• compressed thighs or under the knees</li> <li>• poor stability</li> <li>• difficult movements</li> </ul>	Choose a chair with these features: <ul style="list-style-type: none"> <li>• adjustable height and back</li> <li>• seat pan large enough to allow movement</li> <li>• seat pan slightly tilted towards the front (2° - 5°)</li> <li>• rotation and casters, with 5 spokes</li> <li>• seat and back padding about 2.5 cm (1")</li> </ul>
<b>Back support</b>	If there's none or a poor support, the spine is not supported and back problems	Chair with lumbar support just above the hips (fit "S" curve of back, not at hips) which can be used whatever the task so the spinal column remains upright.
<b>Seat height adjustment</b>	If too high or too low: <ul style="list-style-type: none"> <li>• back &amp; neck flexed</li> <li>• thighs compressed</li> <li>• poor posture for shoulders &amp; arms</li> </ul>	Adjust the height of the work surface to have: <ul style="list-style-type: none"> <li>• thighs horizontal or slanted down</li> <li>• legs vertical or extended/slanted down</li> <li>• feet flat on the floor or supported</li> </ul> Train the person to adjust the height of the seat and back according to person's height
<b>Foot support</b>	For short people avoid compression under the knees	Provide a support: <ul style="list-style-type: none"> <li>• surface (length x width): 30 cm x 40 cm (12" x 16")</li> <li>• incline an angle of close to 10° </li> <li>• important support does not move</li> </ul>
<b>Time in seated position</b>	If too long, poor posture (flexed neck) are maintained for too long	Organize work to allow getting up and/or alternating between standing and sitting positions

Translated and adapted from SOBANE materials, available at [www.sobane.be/fr/tms\\_obs.html](http://www.sobane.be/fr/tms_obs.html)

