





## 7. Posture - neck and shoulders

Ergonomic  
design

We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Neck position</b>	<p>If neck is bent forward (inclined), back (flexed) or to either side:</p> <ul style="list-style-type: none"><li>• muscle fatigue/soreness</li><li>• pain &amp; stiffness/tight feeling</li><li>• may injure tendons, muscle or vertebrae in the neck</li></ul>	<p>Train people so they:</p> <ul style="list-style-type: none"><li>• pivot the chair to look to the side</li><li>• relax and support their back against the chair</li><li>• keep the work surface at a height so they can work with their neck straight</li><li>• use the document holder/reader placed at the same height as the screen/monitor</li><li>• take regular short breaks</li><li>• change posture and relax the neck regularly</li></ul>
<b>Shoulder position</b>	<p>If the shoulders are rotated or are raised during work:</p> <ul style="list-style-type: none"><li>• muscle fatigue/soreness</li><li>• pain in the shoulders and arms</li><li>• joint &amp; tendon injuries</li></ul> <p>Working with the arms above the shoulders:</p> <ul style="list-style-type: none"><li>• extending the trunk forward</li><li>• pain in the shoulders and arms</li><li>• less precise control</li></ul>	<ul style="list-style-type: none"><li>• Prevent and do not have activities where:<ul style="list-style-type: none"><li>- hands are above the level of the heart</li><li>- arms extended forward without support</li><li>- arms spread apart or towards the front</li><li>- shoulders are rotated</li></ul></li><li>• Have enough space so people can pivot or swirl when moving their feet</li><li>• Put materials, products, tools being used etc. within easy reach of the hands</li><li>• If it's necessary to reach for something that is higher:<ul style="list-style-type: none"><li>- use a platform or stool that is light and easy to move</li><li>- train workers to keep a hand on a fixed support at the height</li></ul></li></ul> <p>In some situations, the forearms can be suspended when doing repetitive static work. This is restrictive and should be avoided as much as possible.</p>

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

