

Sit correctly, feel good

Maintaining correct posture every day while sitting at work is essential for preventing back pains and injuries. Here are five essential recommendations for sitting correctly and feeling good!

1. Do not cross your legs while sitting; try to have both feet flat on the floor and your legs slightly apart.
2. Keep your back straight and your back curvature normal, forming a slight "S".
3. To judge the correct seat high, make sure that with your thighs supported and your feet flat on the floor you legs form an angle of approximately 90 degrees.
4. Hold your shoulders slightly back, with your upper arms hanging down beside your body, and your forearms always supported.
5. Your eyes should be level with the top of the monitor. If necessary, raise the computer screen, for example by placing a raised base under the computer.

For further information we recommend the "induction training" video. If you have any doubts, contact the Sustainability Department.



Remember!

Your head weighs about 5 kg, and if you have to lower it to read, your spine will have to support a weight equivalent to 13 kg. This can cause headaches, back pain, shoulder pain and even slipped discs.