

KNOW THE **WARNING** SIGNS

Of back pain caused by poor ergonomics and posture

Common Workplace Activities That Can Decrease Health

COMMON CAUSES:



SLOUCHING AND
SLUMPING

SITTING TOO MUCH

STARING AT A SCREEN
TOO LONG

NOT GETTING ENOUGH
FRESH AIR AND
SUNLIGHT

NOT ENOUGH STRETCH-
ING AND EXERCISE

SEDINARY LIFESTYLE

POOR SLEEPING
POSITIONS

Pain Free Posture

HEALTHY POSTURE:

GET UP AND MOVE

STRETCHING EXERCISES

TAKE A BREAK FROM
SITTING

USE POSTURE-FRIENDLY
PROPS AND ERGONOMIC
OFFICE CHAIRS WHEN
SITTING.

SIT UP STRAIGHT AND ALIGN
THE EARS, SHOULDERS AND
HIPS IN ONE VERTICAL LINE.

KEEP THE BODY IN ALIGN-
MENT WHILE SITTING IN AN
OFFICE CHAIR AND WHILE
STANDING.



A balance of trunk strength with back muscles about 30% stronger than abdominal muscles is essential to help support the upper body and maintain good posture.



Remember good posture and ergonomics when in motion. Walking, lifting heavy materials, holding a telephone, and typing are all moving activities that require attention to ergonomics and posture.

Create ergonomic physical environments and workspaces, such as for sitting in an office chair at a computer. It does require a small investment of time to personalize the workspace, home, and car, but the payoff will be well worth it. Undue strain will be placed on the structures of the spine unless the office chair, desk, keyboard, and computer screen, etc. are correctly positioned.