

CORRECT SITTING POSTURE

HEAD/SHOULDERS: remain in upright relaxed posture; ears in line with shoulders.

EYES: able to look at the top third of the screen without hunching/stooping the shoulders.

SCREEN: positioned at an arms length to ensure viewing without eye strain; avoiding chin poke.

BACK SUPPORT: angled at 90-110° with lumbar support sitting in the small of the back.

ELBOWS: should rest at desk height at 90-110°.

CHAIR HEIGHT: adjusted to suit elbow posture (footrest will be required if feet are not able to maintain contact with the floor); hips at a 90-110° angle with thighs parallel to the floor.



Micro-Movement 1 Head Nods

Nod your head gently up and down, then turn your head from side to side. These small movements will encourage the connective tissue in your upper back and neck to become more pliable.

Micro-Movement 2 Deep breathing

Deep breathe in through your nose, into your abdomen (so that your belly rises) and then use your abdominal muscles to push the breath out as you exhale.

CORRECT STANDING POSTURE

ACTIVE STANDING POSTURE: Ensure flat shoes and forearm posture maintained with neutral shoulders.

- Even weight distributed between feet and legs. Avoid hitching hip to one side.
- Feet shoulder width apart.
- Avoid locking of your knees.
- Tuck your tummy in and don't let your hips roll forward.
- Keep shoulders back and don't slump forward.
- Hold head up straight with chin tucked in.

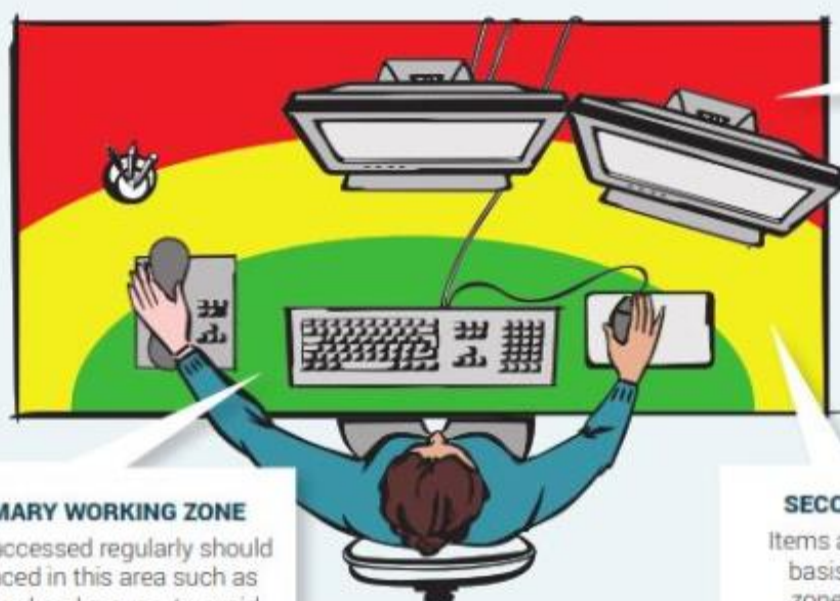


Micro-Movement 3 Shifting weight

Shift body weight from side to side or rock from heel to toes every few minutes to help increase blood flow.

COMPUTER WORKSTATION **ERGONOMICS**

CORRECT **DESKTOP** SET UP



PRIMARY WORKING ZONE

Items accessed regularly should be placed in this area such as keyboard and mouse, to avoid extended repetitive reaching.

NON-WORKING ZONE

Items rarely accessed should be placed in this zone.

Primary screen should be placed directly in front of the body

Keep displays close together to reduce the neck rotation required during the day

SECONDARY WORKING ZONE

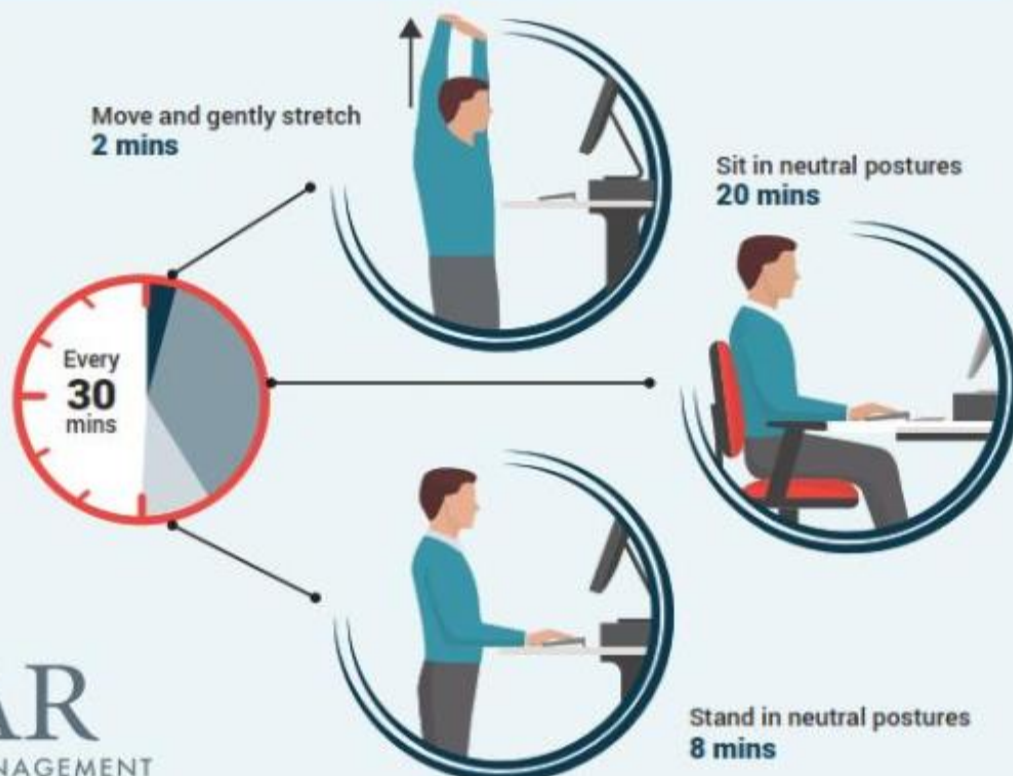
Items accessed on an occasional basis should be placed in this zone such as desktop phone.

BREAKS

Sit for a maximum duration of 20 minutes before taking a break to stand (8 minutes) or stretch (2 minutes) as outlined in illustration to the right.

For a 7.5 hour day, this gives a total of:

- 5 hours sitting
- 2 hours standing
- 0.5 hours of moving
- 16 sit-to-stand transitions



Make a Referral 

Locations and Service Areas: **WA** – Greater Perth & surrounds, South West, Greater Southern | **NSW** - Sydney, Newcastle, Wollongong, Orange, Southern NSW & Northern NSW | **QLD** – Southern QLD | **ACT** - Canberra and surrounds