

## Ergo Facts

### Dynamic Sitting Posture

No single sitting posture can remain comfortable if maintained for long periods of time. Movement is important for minimizing fatigue and static effort of the muscles.



- A. Neck is in a neutral position with the top line of text slightly below eye level;
- B. Upper arms hanging vertically, with the forearms horizontal and elbows close to the body;
- C. No bending of the wrists and fingers falling naturally downward. The employee should move the mouse with a full arm movement, keeping the wrist straight and in line with his/her shoulder;
- D. A back angle of  $110^{\circ}$  to  $130^{\circ}$  when keyboarding and an erect or upright spine, when writing;
- E. Thighs approximately in a horizontal position and the lower legs vertical; the seat height should be at, or a little below, the popliteal (knee) height of the employee;
- F. Feet well supported on the floor or footrest