

Seated Neutral Postures

Neutral postures are joint postures where your body is strongest and you use your body most efficiently. While working, you want to use as many neutral postures as possible. The seated neutral postures are:

- Seated with the back straight or slightly reclined
- Thighs parallel to the floor
- Ankles positioned under or in front of the knees
- Neck straight
- Shoulders by your sides
- Elbows at approximately 90°
- Wrists straight

In order to optimize performance and maximize your use of seated neutral postures, consider the following:

- Ensure the seat allows you to sit back against the backrest
- Support the feet under or in front of the knees to encourage sitting back against the back rest
- Position frequently used items directly in front of you, within forearms reach
- Avoid extended reaches and/or twisting the back while working
- Position work in front of you, elevated to reduce the likelihood of looking down
- Position monitors and items viewed in front of you and elevated (if possible) to optimize neck posture



Take micro breaks each hour to change body position, encourage circulation, and perform body stretches and eye exercises.

