

Standing 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 neutral postures are:

- Standing with the back, neck straight, and feet shoulder width apart
- Shoulders by your sides
- Elbows at approximately 90°
- Wrists straight
- Hands in the handshake position

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

- Choose a surface for your keyboard and mouse that is approximately elbow height for you
- Position frequently used items directly in front of you, within forearms reach
- Avoid extended reaches and/or twisting the back while working
- Position monitors and items viewed in front of you and elevated (if possible) to optimize neck posture
- Alternate foot position periodically to reduce back, leg, and foot fatigue



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

