PROPER SITTING PROCEDURES & CHAIR ERGONOMICS

Sitting --- Proper sitting posture is one of the best things you can do to prevent back and neck problems

DON'T:
- Slump-sit (your low back should be supported.)
- Lean forward and downward to reach for or look at your work.
- Sit for long periods of time without getting up.

DO:
- Sit close to your work.
- Sit in a chair that is low enough to place both feet on the floor or foot-rest.
- Have a chair that supports your back in a slightly arched position.
- Maintain good sitting posture while driving. This frequently requires a small pillow against your lower back. Sit close enough to reach the pedals and wheel without slumping sitting.

What to look for in an ergonomic-type chair:
1. Labeled hydraulic controls.
2. Seat back adjusts up/down
3. Seat back pivots forward/backward
4. Seat pan tilts
5. Five caster-easy roll base
7. Seat height adjusts
8. Waterfall seat front
9. Seat back and seat pan appropriate size for user

ADDITIONAL FEATURES WHEN NEEDED:
- Arm rests
- Stool height with foot rests
- Self locking casters
- Material/fabric appropriate for environment
- Casters designed for the specific floor surface

Permission granted to duplicate