



PERFORMANCE BASED
ERGONOMICS
setting the stage for healthy job performance



Posture Perfect Checklist



Next to an unexpected slip or fall, nothing can upset your back faster than **poor posture**. And besides, it's been proven that **good posture** promotes confidence, better health and even looks good too! But there are lots of everyday activities, especially at the desktop that can throw your **posture out of whack** and take it's toll on your back.

The following checklist will help you see where your posture is going off the mark! *Posture Zappers (Check Off All That Apply to You)*

- ☐ I tend to slouch, especially at my desk.
- ☐ I find myself low riding in my chair.
- ☐ I like to sit up very tall (but it hurts my mid back).
- ☐ I tend to sit on one foot.
- ☐ I often lean my chin in my hand.
- ☐ I squint and strain to see my screens so I lean forward.
- ☐ I reach my arms forward to type and mouse.
- ☐ I use a laptop and hunch over to see the screen.
- ☐ I type on my tablet and hunch over to see the screen.
- ☐ I use my phone a lot and hunch over to see the screen.
- ☐ I carry a heavy bag(s) which throws my shoulders off balance.
- ☐ I stand a lot on hard surfaces.



Tips and Tricks to Help YOU have Perfect Posture

- 1) Set your keyboard, mouse and other desktop items close to your body.
- 2) Place your monitors more or less at eye level.
- 3) Choose a chair that provides good lumbar support.
- 4) Keep your head and neck from craning forward.
- 5) Align your ears over your shoulders
- 6) Keep your shoulders aligned over your elbows.
- 7) Keep your elbow aligned over your hips.
- 8) If you stand, align your hips over your knees and ankles.
- 9) Wear comfortable shoes.
- 10) Stretch your back and strengthen your core.

