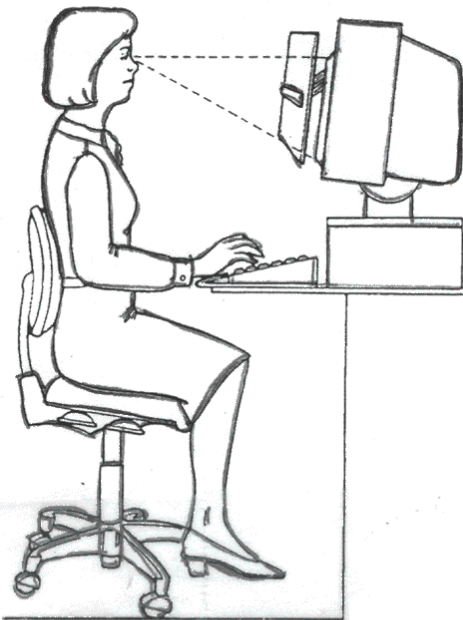


PROPER SITTING PROCEDURES & CHAIR ERGONOMICS

Posture -Sitting



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

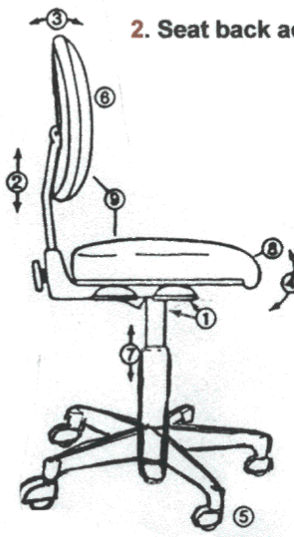
DON'T:

- **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 slump-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

6. Seatback supports natural lumbar curve.

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