



HOW TO SIT CORRECTLY WHILE WORKING FROM HOME

MIND YOUR POSTURE

Experts recommend a neutral body position when sitting. To find your neutral body position, it's best to sit comfortably and adjust your joints and hips to sit without strain.



CONSIDER YOUR JOINTS

Position your knees, hips, and ankles so they sit slightly more than 90 degrees apart. Ensure your knee joints remain at or below your hips.



POSITION YOUR FEET

The ideal sitting position has your feet resting flat on the floor. If doing so isn't comfortable, purchase an elevated footrest and use it.



SUPPORT YOUR UPPER BODY

Keep the body within 30 degrees of an upright position. Ensure the head and spine remain aligned and keep the upper arms at no more than a 20-degree angle forward.



POSITION WORKING OBJECT

Place your computer or laptop directly in front of you. Adjust the viewing angle so it sits 10 to 30 degrees below your line of sight.



TAKE FREQUENT BREAKS

Ideally, never sit for more than 50 minutes at a time. To assist yourself, set a timer, or plan a ten-minute break every hour.



SITTING POSITIONS TO AVOID

CROSSED LEGS



Can lead to slouching, which affects your posture and all of your joints.



UNSUPPORTED BENDING



Can lead to unwanted aches, pains and strains and negatively impact breathing.

