A Tip From The Health Promoters...

DO YOU KNOW HOW TO USE YOUR CHAIR?

Here are some tips on how to sit comfortably and safely:

- **Learn how to use your chair.** It’s important that you know how to change the height of the chair and backrest as well as how to change the angles of the backrest and seat pan.

- **Give your muscles a break!** Remember there is no one perfect way of positioning your chair. Alter the seat height, back angle and seat pan angle several times over the course of the day.

- **Did you know?** To ensure upright posture, you should occasionally adjust the seat pan angle downward at the front as well as adjust the backrest angle in a comfortable position. If you feel like you’re falling out of your seat, you’ve gone too far.

- **Rule of 90:** Position your elbows, hips and knees at a 90° angle.

- **Don’t let your feet dangle!** Keep your feet flat on the floor or use a footrest.

- **Say no to armrests!** Do not rest your arms on the armrests while typing. This causes awkward elbow and wrist movements.

- **Keyboarding...** Ensure that wrists are kept in a “neutral” position and do not rest palms while typing.