



Tips on postures at work

There is not one work posture that is suitable for all. However, it is healthy to vary the work posture on a regular basis. You could for instance shift between sitting and standing postures. And it is good to move around several times a day. Therefore, you could take several short breaks for that within each hour.

Sitting

- Lean towards the backrest and support your lower back with it. You can activate your muscles through shifting sitting postures. For instance, you could sit on the edge of the chair.
- Rest your elbows on the table or armchair in order to relax your shoulders.
- Lift your neck slightly.
- Work in a standing position is more active than in a sitting one.

Standing

- Distribute your weight equally on your both legs and allow your knees to be slightly bent.
- Rest your elbows on the table in order to relax your shoulders.
- Adjust the monitor to a suitable height in which your gaze touches the upper edge of the screen.

Break tips

- Use your mobile phone while standing.
- Set break reminders on your phone.
- Drink and eat your snacks while standing.
- Use the stairs instead of the elevator and move your body whenever possible.
- Hold walking meetings and conduct your group work while standing.

Some positive effects of an active everyday life

- You become more productive. Your mind works better.
- You prevent muscle and bone aches from occurring.
- You effective your metabolism which is useful for weight control.

