

→ Zone 1 - Seating & Posture



Sitting in a chair for hours at a time without a proper foot and back support can cause poor circulation, back discomfort and overall fatigue. If your chair does not adjust to provide proper lumbar support, use a back rest with a foot support to maintain correct posture and increase comfort.

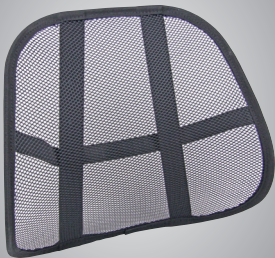
DID YOU KNOW?...

Musculoskeletal disorders are the most common work related health problem in Europe. They cost €135 billion a year across Europe.*

*OSHA European Agency for Health and Safety at Work. www.hrmguide

Ergonomic Tips & Solutions

Back Rest



- **Backrest position:** Ensure you position your lumbar/back rest at the correct height to support and to fit your lumbar curve.
- **Neutral body posture:** Back rest contours promote correct body posture - keeping thighs parallel to the floor will help maintain this.

Foot Support



- **Chair height:** Thighs should be parallel with the floor, feet flat and knees level with hips.
- **Seat Pan Depth:** Ensure adequate space from the back of the knee to the seat (minimum of 50mm).