

# ERGONOMIC POSTURES IN THE OFFICE

## Appropriate equipment

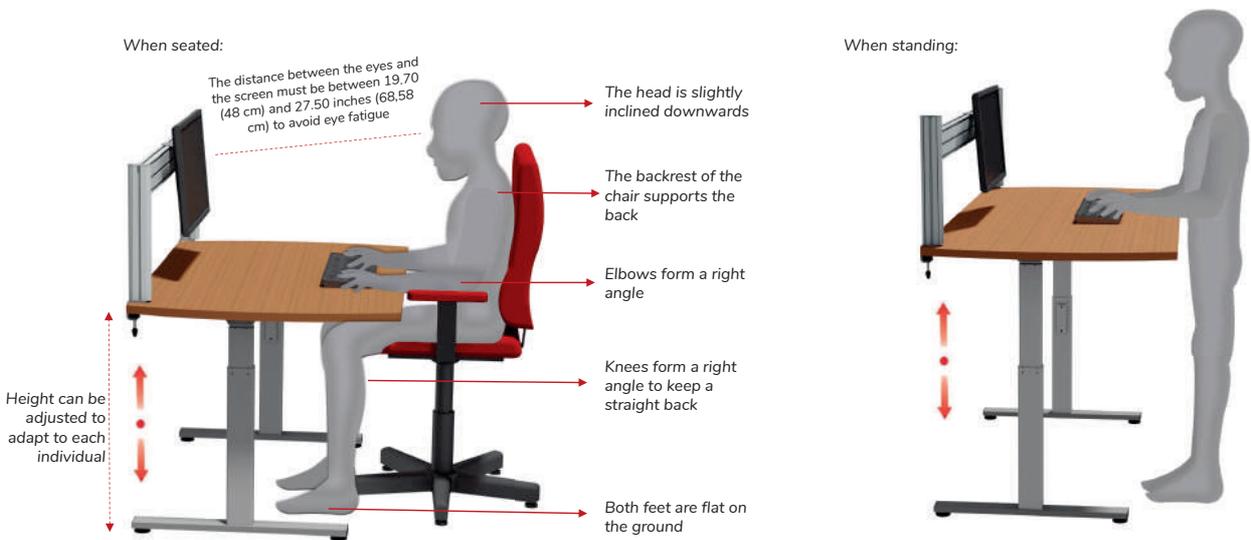
The choice of office equipment (armchair, chair, keyboard, screen, etc.) and the way the office is laid out must follow ergonomic guidelines to ensure good working conditions for your employees.

The first signs of pain following poor postures are often located in the lower back and shoulders.

This means it is important to have a comfortable seat with a correctly adapted desk. But that is not enough to eliminate essential postural constraints; in particular it is necessary to have the right distance between the height of the seat and the height of the work surface. Of course, office chairs can be adjusted for height, but work surfaces often aren't adjustable. Discover the most important points on correct working positions and adapt them to office work.

## All stand!

Humans aren't made to remain inactive, they must move. Remaining seated in an office for 6, 8, or 10 hours per day can harm health. This has been proved by multiple studies.



The standard height for desks is adapted to those who are 172 cm (68.89 inches) tall. There is a 12.7 cm (5.51 inches) height adjustment amplitude for people who measure between 187 cm (74.80 inches) and 160 cm (63 inches).

## How should my work surface be organized?

When seated, it's best to adjust your seat before to determine the height of your working surface.

Generally speaking, to find the optimal working position, tools should be located in the places easily reached by your hands.

