

# Working in a Sitting Position – What to Avoid while Sitting Fact Sheets



## WHY IS BODY POSITION OR POSTURE IMPORTANT WHILE SITTING?

Poor arrangement of the workstation encourages an awkward body position. A poor body position or posture can hinder breathing and blood circulation and contribute to injuries affecting people's ability to move.

## WHAT SHOULD I AVOID WHILE SITTING?

- Tilting the head forward. This helps prevent neck injury.
- Sitting without lumbar support. This helps prevent back pain.
- Working with arms raised. This helps prevent neck and shoulder pain.
- Bending wrists. This helps prevent muscle cramps.
- Working with unsupported forearms. This helps prevent shoulder and back pain.



- Cramming thighs under a worktable. This reduces blood circulation.
- Sitting on a chair that has poor support. It can overturn and cause injuries.

## HOW DOES SITTING ON A CHAIR THAT IS TOO HIGH AFFECT YOUR BODY?

- It destabilizes your body causing tiredness.
- It puts pressure on your thighs. This reduces the back flow of blood and can cause swelling in the legs, varicose veins, and swelling in the ankles.
- It puts pressure on the sciatic nerve causing pain or discomfort.
- It prevents proper use of the chair's lumbar support.

## HOW DOES SITTING ON A CHAIR THAT IS TOO LOW AFFECT YOUR BODY?

- It disrupts blood circulation in lower legs, causing swelling.
- It puts pressure on internal organs.
- It creates too much pressure on buttocks and causes discomfort.



## HOW DOES WORK AT A WORKTABLE THAT IS TOO HIGH AFFECT YOUR HEALTH?

- It prevents use of proper lumbar support and can cause back injury.
- It over-stretches spine and can cause back injury.
- It forces the head to tilt forward and can cause neck injury.
- It stresses shoulders and causes pain.
- It tires the whole body.

