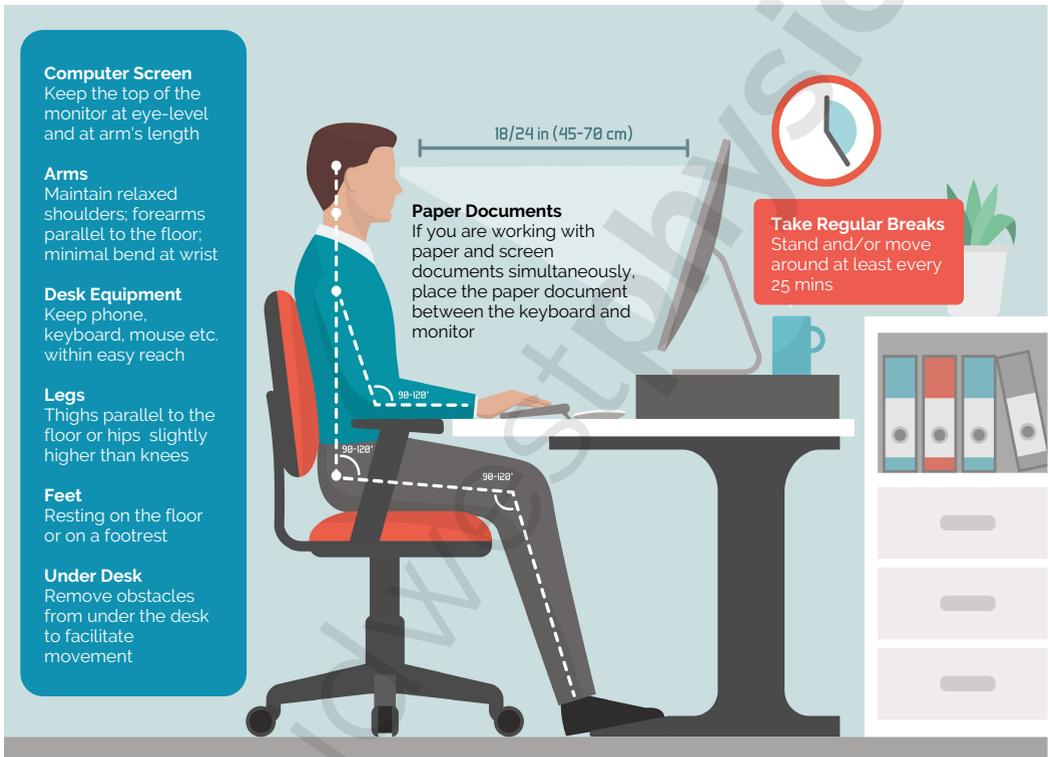


# Posture at Work

The human body is built to move; therefore, for optimum health at work, the most important thing is to **stand up and move around as often as possible**.

## Example of a Sitting Work Station



You do not need to maintain this exact posture while seated; you can vary this posture, for example, by sitting forward away from the backrest for a period. It is advisable to:

- Stand as often as possible e.g. take phone calls standing up.
- Walk as often as possible e.g. to the printer, to colleagues' desks etc.
- Exercise during the working day e.g. walk at lunchtime, use stairs instead of lift.
- Do a muscle stretching routine during the working day.
- Exercise regularly outside of work.