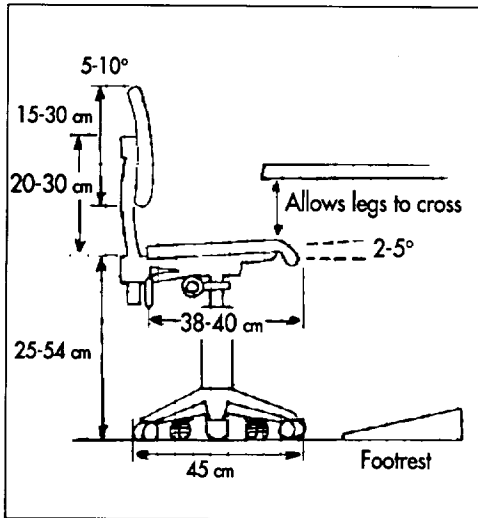


Are you sitting comfortably?

Your chair is probably the most important of your workstation equipment. Chair adjustability is important to improve body position and blood circulation, reduce muscular effort and decrease pressure on your back. Chairs should have



backrests providing lumbar (lower back) support and the backrest and seat height should be easily adjustable. Chairs should swivel, have five wheels for stability, a breathable fabric on the seat and have a rounded front edge.

Tighten the chair backrest so that it does not give way with your body weight. If your chair does have arms, make sure that

they do not prevent the chair from being drawn up to the worksurface or interfere with natural movement.

Vary your work tasks by alternating VDT work with non-VDT work. This will allow you to vary body positions and help reduce muscle effort. Check that there is enough leg room under your desk, and do not store materials under it.