

# Workplace Ergonomics & Back Pain

Regular movement combined with appropriate workplace ergonomics is an essential aspect of maintaining a healthy back and spine. Many people spend most of their day seated at a desk, slouched over, or in an array of uncomfortable positions while completing their work. Over time, sedentary behaviors combined with poor posture may lead to pain or discomfort in the neck or back.



## 1. Picking the Right Chair

A chair with adequate back support can be the key to keeping your pain at bay. If you need extra support, try a lumbar roller or support cushion. While seated at your desk, be sure to adjust the chair height to a level where your feet can rest flat on the floor. Adjust your armrests to a position where you can reach the keyboard with relaxed shoulders and elbows bent at a 90-degree angle.

## 2. Pay Attention to Posture

Good posture can be a challenge to maintain throughout the long workday. While seated, sit up straight and look forward with your shoulders relaxed. Keep your feet flat on the floor or resting on a footrest and avoid crossing your knees or ankles. When standing, balance your weight evenly between your feet and avoid slouching forward.

## 3. Go Hand's Free

If you regularly use the phone throughout the workday, consider using headphones or a headset. This will help to improve your posture and may reduce muscle tension in your back and neck.

## 4. Keep Screens at Eye Level

Adjust your computer so that the top of the screen is at eye level and it is no more than an arm's length away. This will ensure you're not looking too far up or down throughout the day and not straining to see.

## 5. Keep it Moving

Position changes and regular movement throughout the day can help protect your spine and limit discomfort. Try to find time during your lunch break to go for a brief walk, or set an alarm to remind you to stand up every hour and stretch.