



Chignecto Central
Regional Centre for Education

Your Body While Working



Previous were tips to ensure your workspace is best positioned for your body, but what about placing your body in that workspace? Not only is the setup of your workspace important, but how you position your body while in the workspace will have an impact on how your body feels at the end of a workday. Below are tips on how to position and move your body to decrease strain on your body while working.

1. Change Your Body Position Often

Sitting in the same position or chair all day can lead to back, neck, and shoulder pain. It is important that you are aware of how your body is positioned, ensure proper posture, and move often to decrease any chance of causing strain on your body. It can be helpful to place a sticker on the edge of your screen as a visual reminder to check body positioning.

2. Add Some Comfort

This does not mean go lay down on your sofa or bed, but rather add comfort to your workspace you have set up. A kitchen chair is not usually the most comfortable chair to spend hours of your day while working, but there are ways to increase its comfort for your body;

- a) Add a soft towel or blanket over the back of your seat for extra comfort
- b) Add a soft towel or blanket on your seat to reduce the pressure placed on your legs while sitting on a hard surface for extended periods of time
- c) Add a rolled-up towel or pillow between your low back and back of chair can increase comfort while seated. This is especially helpful for those with low back pain.

3. Put Your Feet Up

Hips should be bent at 90-degrees while sitting with thighs parallel to the floor. Supporting your feet on an elevated surface such as a step stool or box increases the circulation in your legs. If your chair has the ability to recline this is good for both your back and legs. Reclining to 110-135-degrees decreases the amount of pressure placed on your spine while sitting.

4. Take Breaks

This goes along with changing your position, as one should get up and move for at least five minutes every hour. Ideally moving every thirty minutes will encourage a change in your body positions and decrease any strain being placed on your body. Performing simple and quick tasks such as starting a load of laundry, folding laundry, making a cup of coffee, load the dishwasher, and make a snack are short tasks that get you up and moving. It can be helpful to set a timer to ensure that you get up and move.

5. Stretching

Stretching is important to decrease the strain placed on your body while sitting for extended periods of time. During your breaks as mentioned above, ensure that you stretch your legs, back, neck, and shoulders; as these are most affected by poor body posture when working.