Perfect Standing Posture

Why is good posture important? Well, it's a valuable component in managing back pain due to work tasks. Also, poor posture while standing can actually cause back pain. So, straighten up!

Back injuries account for one in five workplace injuries or illnesses.

Engaging in good standing posture is not only good for your back, it makes you look taller and leaner too.

Maintaining the natural curve of the spine promotes good posture. Since the human spine looks like a big 'S', you should try and maintain the two curves of the letter when standing up.

Standing Posture Recommendations

❖ Keep your head positioned directly over your shoulders with your chest out and your head back.

❖ Position your shoulders directly over your pelvis.

❖ Tighten your abdominal muscles.

❖ Place your feet slightly apart on the floor with one foot in front of the other. Keep your knees slightly bent so they are not locked.

❖ If standing with good posture feels too tiring, use light weights or elastic bands to work your muscles between your shoulder blades.

❖ Wear shoes with good support and cushioning if you must stand for long periods of time at work or at home. Also place a rubber mat on concrete flooring to ease the pressure on your back.

❖ Prop one foot on a support while standing in one position for a long time to relieve back pressure. Change your feet and body positions every 20 minutes.

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DO IT SAFELY