

Neutral Body Positioning at a Computer Work Station

When possible, you should modify a computer workstation to best support a neutral body position. A Neutral body position is a comfortable working posture in which your joints are naturally aligned and there is the least stress and strain on your muscles, tendons, and joints. Sitting this way can help your tendons and joints heal. If you can, you should use a **natural keyboard** and sit in an **ergonomic chair**, which has an adjustable seat angle, back support, and padded elbow support. Here are some guidelines to help you maintain a neutral body position when sitting at a computer workstation.



- **Your hands, wrists, and forearms** are straight, in-line and roughly parallel to the floor.
- **Your head** is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with your **torso**.
- **Your shoulders** are relaxed and **upper arms** hang normally at the side of the body.
- **Your elbows** stay in close to the body and are bent between 90 and 120 degrees. Rest them on a padded elbow support if you have one on your chair
- **Your feet** are fully supported on the floor.
- **Your back** is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly. Your low back and upper back are in **neutral** with a slight lordotic(extension) curve in your low back and a slight flexion in your Thoracic back. Neutral sitting is just relaxed from full extension and well away from a full slumped flexed posture. Your sternum is lifted slightly (sitting up and proud) and your shoulders are slightly back.
- **Your thighs and hips** are supported by a well-padded seat and generally parallel to the floor.
- **Your knees** are slightly lower than your hips with your **feet** slightly forward.

Regardless of how good your working posture is, working in the same posture or sitting still for prolonged periods is not healthy. Consider some of the following:

- **Stretch** your fingers, hands, arms, and rotate your torso periodically.
- **Stand up** periodically and stretch and walk around for a few minutes at your breaks.