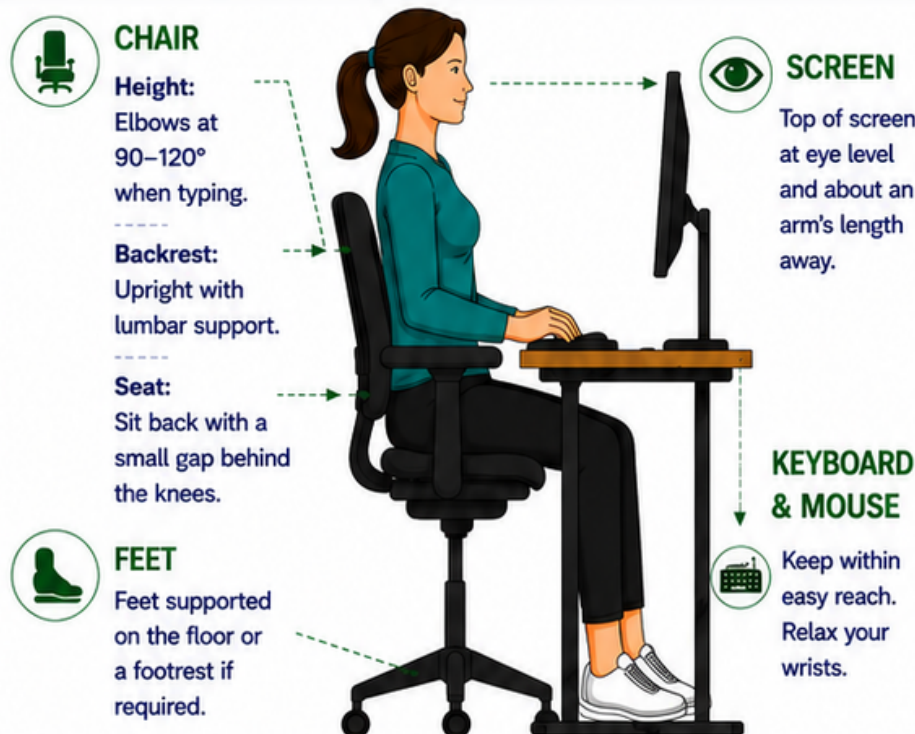


Work Comfortably, Protect Your Spine

How you sit, move and set up your workstation can affect spinal loading and comfort.

SET UP YOUR WORKSTATION



MOVE REGULARLY



Changing position and taking short movement breaks throughout the working day helps reduce sustained spinal loading.



Stand and move regularly.



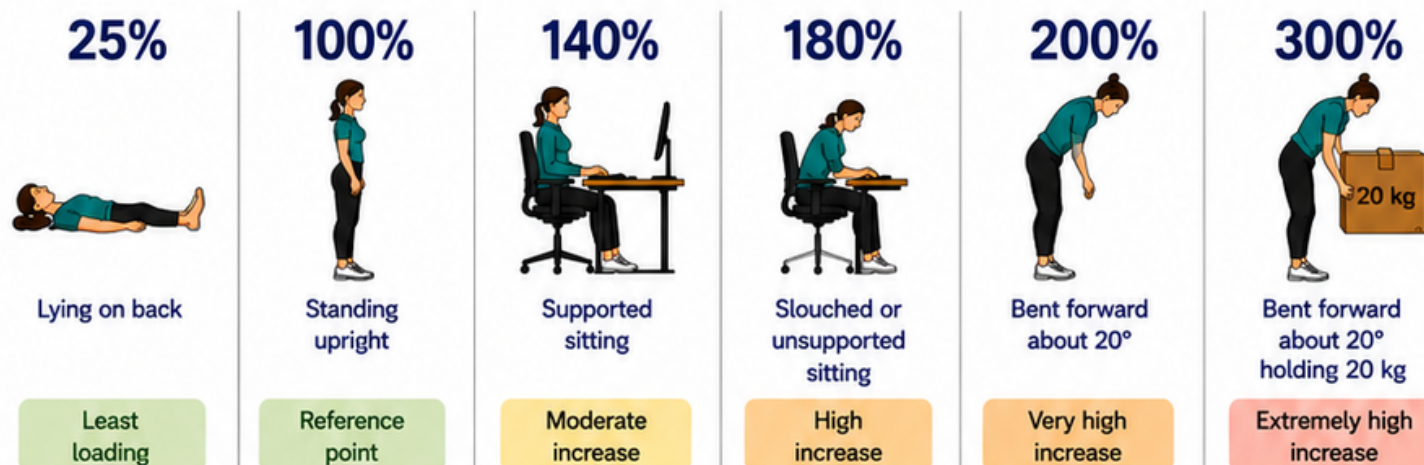
Take short, frequent breaks.



Stretch or change position.

HOW POSTURE AND LOAD AFFECT SPINAL LOADING

Relative lumbar spinal loading, using upright standing as the reference point of 100%.



Adapted from: Orndorff DG et al. J Spinal Res Found. 2012;7(2):30–35.



This information is general guidance and should not replace professional medical or individual workplace advice.