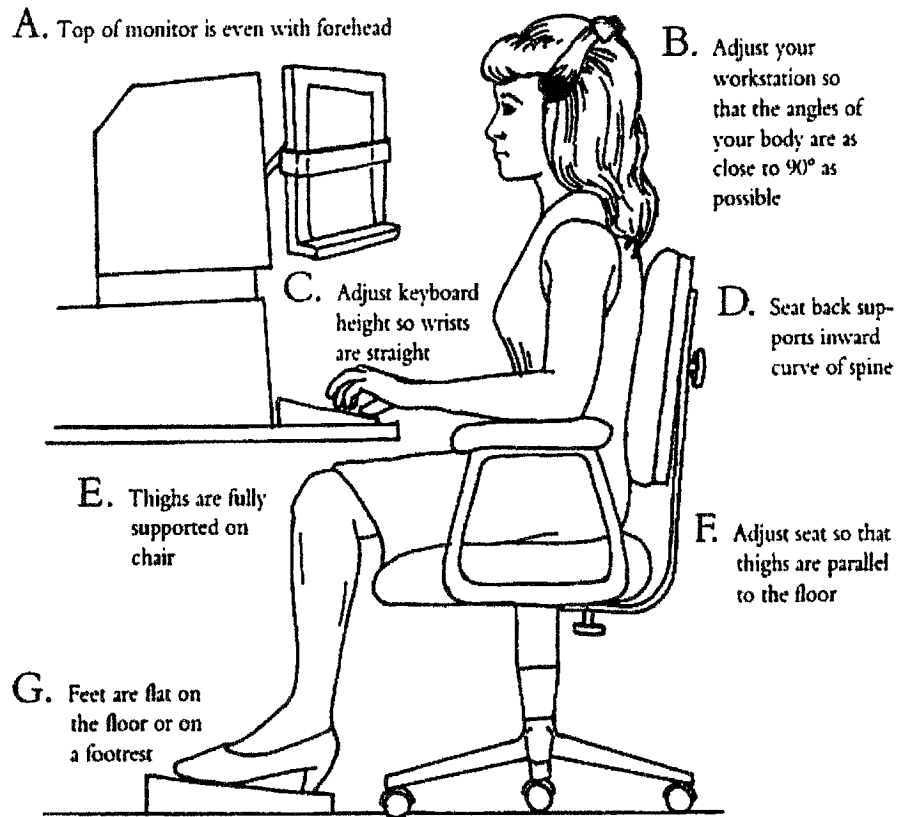
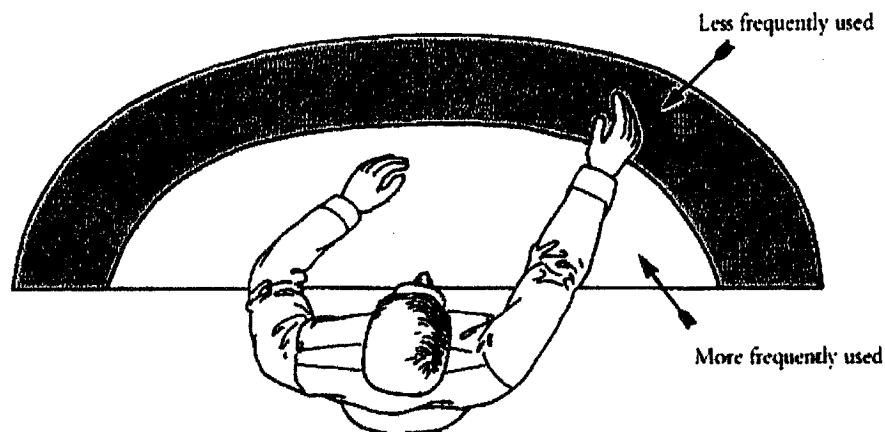


## Back Care at Work

- Adjustable or individually molded chairs are ideal. These should support your lumbar spine and allow your feet to rest flat on the floor. The back rest should be firm when sitting upright, as well as having a capability of leaning backward 10 to 20 degrees. A chair with armrests that can swivel are very helpful.



Correct posture for computer work



In planning a work station, it is important that all necessary materials be within a comfortable reach. This will reduce work stress on your spine. Place frequently used materials closer to you as you set up your work area.