

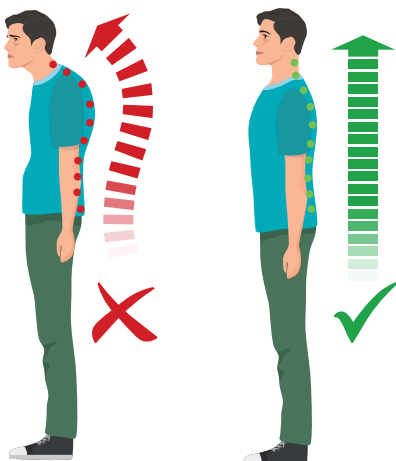
Proper Posture and Ergonomics

Benefits of Good Posture

- Keeps bones and joints in proper alignment, so muscles can be used effectively
- Reduces abnormal wearing of joint surfaces
- Reduces stress on the ligaments holding the joints of the spine together
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy
- Prevents backache and muscular pain
- Contributes to a good appearance

Proper Posture At Work Place

Standing Posture



Sitting Posture



Proper Posture At Home



Avoid slouching when seated



Choose a chair with backrest and support your back with a small pillow



Avoid leaning towards the table



Move the table closer to you



Avoid sitting for too long without any back support



Support your legs by placing an item e.g. a stool underneath your leg if you cannot touch the ground





Avoid standing for too long



Support one leg on the stool when you have to stand for long hours



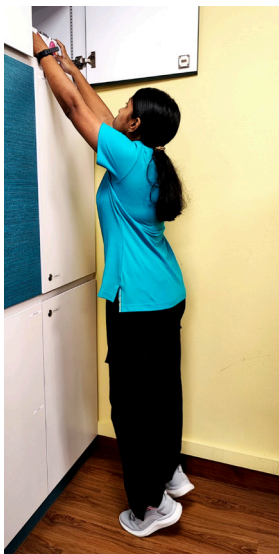
Avoid carrying heavy items in one hand as this will create uneven pressure on the spine



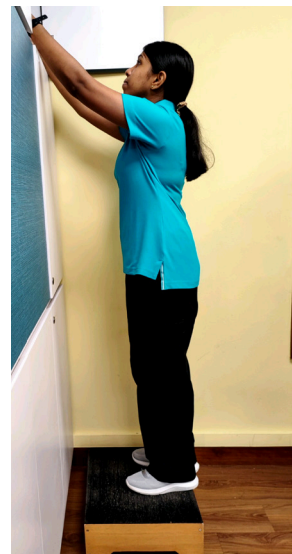
Use a backpack instead to balance out the load



Avoid tipping toe when carrying things overhead



Use a stable stool to reach to top of the cabinet/shelf

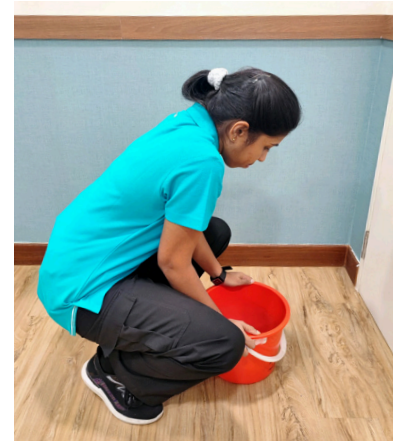




Avoid lifting heavy objects in a bending position



1. Stand in front of the heavy object
2. In a squatting position, place both hands at the sides of the heavy object
3. In a half-squat position, place the heavy object on your thigh
4. Stand up slowly



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