

Hitachi Vantara Benefits

Office Chair, Posture, and Driving Ergonomics

Posture is very important both at home and on the job. Back-friendly posture is a valuable component of preventing or managing back pain while performing any activity. Incorrect posture while standing for long periods of time, sitting in an office chair, and driving are all common causes of back pain.

Standing Posture

Maintaining the natural curve of the spine when standing promotes "good posture". So, what does that mean? The human spine looks a little bit like an S from the side and maintaining those two curves is important (see Figure 1).

Keep your head directly over the shoulders (i.e. "chest out, head back")

Keep the shoulders directly over the pelvis

Tighten the core abdominal muscles

Tuck in the buttocks

Place the feet slightly apart, with one foot positioned slightly in front of the other and knees bent just a little bit (i.e., not locked).

If this posture is new it may feel strange at first, but after a while it will feel natural. If it feels too weak or tiring, use light weights or elastic bands to work the muscles between the shoulder blades (e.g. rhomboids and middle trapezius). It will quickly get easier.

If standing on a concrete floor is required at work, it is best to wear shoes with good support and cushioning. A rubber mat placed on the concrete floor will ease pressure on the back and enhance the favorable ergonomic conditions. Use a railing or box to prop one foot up while standing to help take pressure off the back. This standing position takes some practice. Remember to change feet and positions every 20 minutes (see Figure 2).

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Figure 1: Proper standing posture.



Figure 2: Proper support for concrete floors.