

### OPTIMAL CHAIR SET UP

Correct seating posture is an essential ingredient to preventing spinal injury and fatigue. The basic features of a good chair are:

- Height adjustable
- Pelvic tilt on seat
- Lumbar support
- Adjust the height of your chair so knees are level, or just below hip height, and your feet are flat on the floor.
- If your seat has a pelvic tilt, set to a slight forward incline to promote a natural inward lower back curve.
- Move the lumbar support so that it fits snugly into the curve of your lower back. This will help to prevent lumbar strain and helps to maintain a straight spine and neck whilst seated.
- Never sit with your legs crossed! Crossing at the ankles is preferable.

