



# Ergonomics in Your Everyday Life

Presented By | HealthCheck360



# AGENDA

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## Why you need proper ergonomics

### Best practices

- Sitting
- Standing
- At work
- Lifting
- Exercising



# WHY DO YOU NEED ERGONOMICS

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## Definition:

- an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely

## Personally

## Employee benefits

- Fewer work injuries/absenteeism
- Increased productivity
- Better morale





# SITTING

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**First goal = Sit less!**

## Tips

- Shoulders back
- Buttocks touching the back of your chair
- Try to maintain the normal curves of your back
  - Lumbar support or rolled up towel
- Weight distributed evenly on both hips
- Feel flat on the floor
  - Don't cross your legs
- Knees at a right angle
  - Keep knees even or slightly higher than hips
- When ready to stand,
  - Move to the front of your chair
  - Stand by straightening your legs, avoiding bending further at the waist
  - Stretch your back immediately if possible
- No back support?
  - Follow same rules



## AT WORK

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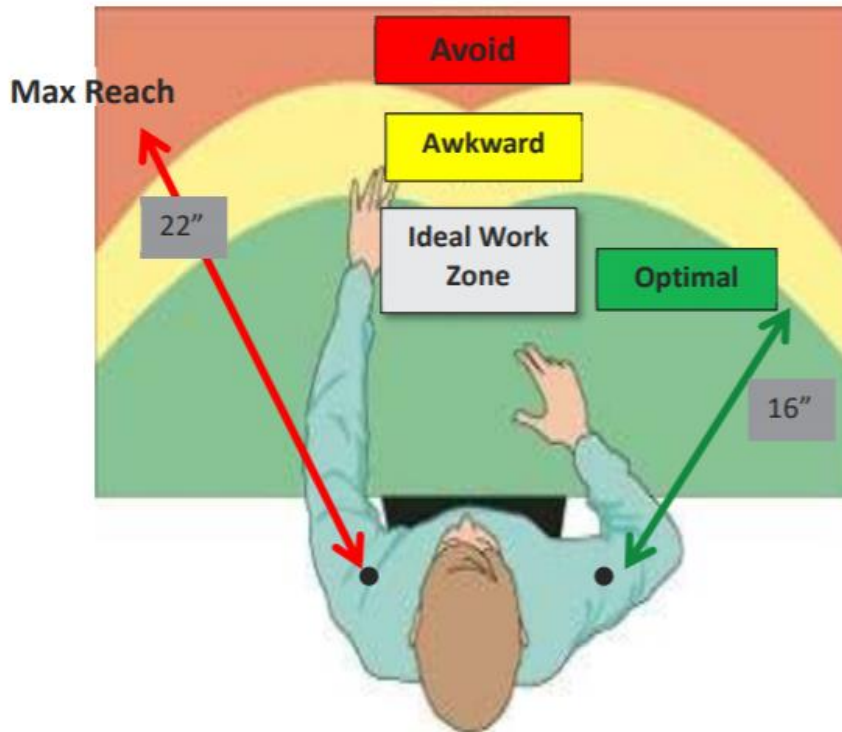
**Sit close to your work so you aren't stretching to do anything**

**Rest your elbows and arms on your chair or desk, keeping shoulders relaxed**

**Roller chair?**

- Do not twist, turn your entire body

**Move regularly**



# SITTING

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## Driving

- Same as chair rules
- Should be able to press pedals with back still against the seat
- Slight bend in the arms
- 10-12 inches between you and the steering wheel
- Hand position
  - 9 and 3
  - Maybe 8 and 4 for long trips?
  - Light grip
- Thighs supported
  - 2 finger gap between knee and seat
- Make sure mirrors are adjusted
- Take breaks
  - Stretch neck safely while driving





# TECH NECK

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## On your phone

- Proper posture
  - Chin up, shoulders back and relaxed
  - String pulling from the top of your head
- Hold your phone at eye level
  - Like a T-Rex
- Take breaks
  - Neck rolls
  - Shoulder rolls
  - Shoulder blade squeezes
  - Chest stretches
- Get off your devices as much as you can



# STANDING

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## Standing

- Upper body same as sitting properly
  - Tall
  - Chin up
  - Shoulders relaxed
  - Abs in
  - Feet shoulder-width apart
  - Don't lock your knees
  - Weight on the balls of our feet
  - Arms naturally hanging
  - Shift weight as needed for long periods
  - Proper shoes/cushioning





# EXERCISE

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## Walking

- Focus 10-20 feet ahead of you
- Core engaged
- Natural arm swing, not too high or crossbody
- Heel-to-toe
- Don't stride too big
- Watch the hips

## Running

- Good posture
- Eyes forward
- Avoid crossing arms in front of body
- Foot strike
  - Midfoot strike
- Treadmill
  - Avoid holding on to rails unless balance support



[How to Walk Properly with Good Posture and Correct Technique \(healthline.com\)](https://www.healthline.com/health/exercise-fitness/proper-running-form)  
<https://www.healthline.com/health/exercise-fitness/proper-running-form>





# CAUTION



## LIFTING

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### Don't lift too much

- Ask for help

### Knee or squat techniques

- Get as close as you can to the object
- Keep it between your knees
- Keep the core tight
- Keep the normal curve of your back
- Don't hold your breath
- Lift with your legs
- Avoid twisting





# SLEEP

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**Side or back is considered better than stomach**

## **Side**

- Pillow between knees and knees slightly bent
- Pillow that keeps head in line with spine

## **Back**

- Pillow under knees
- Proper pillow

## **Stomach**

- Thin or no pillow
- Thin pillow under hips
- Firm mattress



# EXERCISE TO HELP POSTURE

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## Desk stretches

- Neck
- Arms
  - Wrists/forearms
- Legs
- Chest

## Yoga/Pilates

## Cardio

## Strength training

- Don't forget about the back





**BIG CHANGES**

## SUMMARY

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Doing things ergonomically can help prevent many issues in the future

Small changes can make a big difference



# UPCOMING WEBINARS

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## Food to Fuel Your Mind

The saying goes you are what you eat. What you eat also affects how you think. Learn the best foods to eat to keep your brain at its best!

May 3

Find out more on [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)



## Improving Your HealthCheck360 Score

It's about progress, not perfection. Take action with your health by learning how you can improve your health while also improving your HealthCheck360 score!

June 7





## LIFESTYLE REWARDS

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1. True or False. You want your spine perfectly straight when you are sitting.

- a. True
- b. False

2. What was one tip mentioned when on your phone?

- a. Hold it like a T-Rex
- b. Tilt your head forward as much as you can.

3. Which sleep position is considered the least beneficial?

- a. Side
- b. Stomach

**\*\*If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.\*\***



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