

Healthy **SPINE** HEALTHY **MIND**

GET BACK TO FEELING GOOD

ERGONOMIC CHECKLIST

Follow these simple steps to ensure your computer workspace is ergonomically set up to minimise the risk of back pain.

- Use an **adjustable ergonomic office chair** that allows your knees to be slightly lower than your hips.
- Sit with an **upright posture**, with shoulders relaxed and feet flat on the floor.
- Adjust your **monitor height to eye level** and monitor distance at arm's length from where you are sitting.
- Consider investing in a **sit-stand desk** to reduce spinal strain.
- Take regular movement breaks** every 30 minutes to look away from your device, and move your neck from side to side.
- Consult an ACA Chiropractor** for more advice.

For more information, visit spinalhealth.org.au

