



Perfect Working Posture: A step by step Protocol

Your head weighs about 5 to 6 kilos (nearly 1,5 gallons of water). The Perfect Posture aims to support the weight of your head effortlessly by the strong structure of your spine. Here is a step by step protocol to build up your posture. Move your chair away from the table and let's start with your feet.

Feet Put them flat on the ground, or on a crate or a box.

Knees Are approx. in a 90 degrees angle.

Lower back Do you feel your weight on the seat?

Backrest Lean backwards, so that you feel that your back is supported and the muscles around your spine can relax.

(For those who work standing: After you sense the weight of your body on your feet, you slightly bend your knees and continue the protocol from here)

Back Align your spine by “stacking your vertebrae piece by piece”

Neck in a continuing line with the rest of your spine

Head chin level to the floor, relax your jaw by opening your mouth slightly

Visualize a long string from the tip of your tailbone to the crown of your head.

Double check: Ears, shoulders and hips are in one vertical line.

Shoulders and arms hang to your sides loosely. Chest is open. Lift your shoulders to your ears as you inhale and drop them as you exhale. Repeat a few times. Can you feel your breath in your belly?

Now you are ready to move your chair towards the table.

Elbows rest on table or armrest, so that the weight of your arms is supported
Are your elbows in a 90 degrees angle?

Hands keyboard and mouse are close enough to naturally fall in your hands.
(If the table is too high to rest your arms, then try to find a higher chair and place your feet on a crate or other platform)

Screen adjust the height: Sit comfortably as described above and look straight ahead. Now pull an imaginary horizontal line from your eyes to the screen. The line should end on the top quarter of the screen. Adjust your screen if necessary.

Check whether the screen has the right distance from your eyes (about 50 cm/19 inches). It should be easy on your eyes. How is the brightness, or the angle?

Laptops have an integrated keyboard and mouse They force you to bend your head down. To solve this situation, place your laptop on an empty box or a pile of books and plug in a separate keyboard and mouse.

By the way, if you feel great and nothing bothers you, please just continue in your own way and don't worry about your posture.

Tips to stay healthy

1. Take regular breaks: move away from your screen every 30 minutes and do something with your hands, make some tea, tend to a house plant.
2. Observe your breath: Is it high in your chest? Take a stretch, lift your arms above your head and take a nice deep breath in and out.
3. Change your posture: Let go of the "perfect posture" and sit however you like.
4. Processing documents: Place them between screen and keyboard.
5. Turn off your screens on time and do things that you enjoy, like physical exercise, yoga, cook a delicious meal or take a long walk.

Good luck with working from home and for any questions, please contact Aliet Rogaar
06-24274336 info@alietrogaar.nl www.alietrogaar.nl