

# BACK CARE IN YOUR CHAIR

help save your back, use these simple back care tips in any chair, at work or at home. These are the basic tools for improving your sitting posture and preventing stiffness, fatigue, and injury. Always keep the

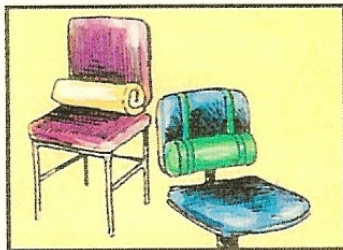
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## Sitting in Your Chair

Some minor changes can reduce strain on your back. You can adjust the way you sit or adjust your chair. Tools such as a lumbar support can also help keep your spine aligned.

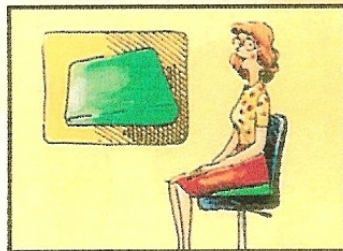
### Support your lumbar curve

Maintain your lumbar curve with a lumbar support. Use a pre-made support, or make one with a towel rolled to 4" to 6". Place it in the small of your back.



### Lean forward

Help restore your lumbar curve: Push your pelvis forward by adjusting the seat angle on your chair or by using a seat wedge. Use a pre-made wedge, or sit on a towel rolled to 2" to 3".



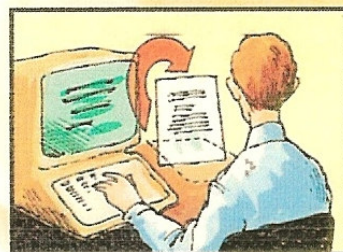
### Slide over your work

Help prevent slouching by sliding your chair under your desk as far as you can. That way, you're sitting directly over your work.



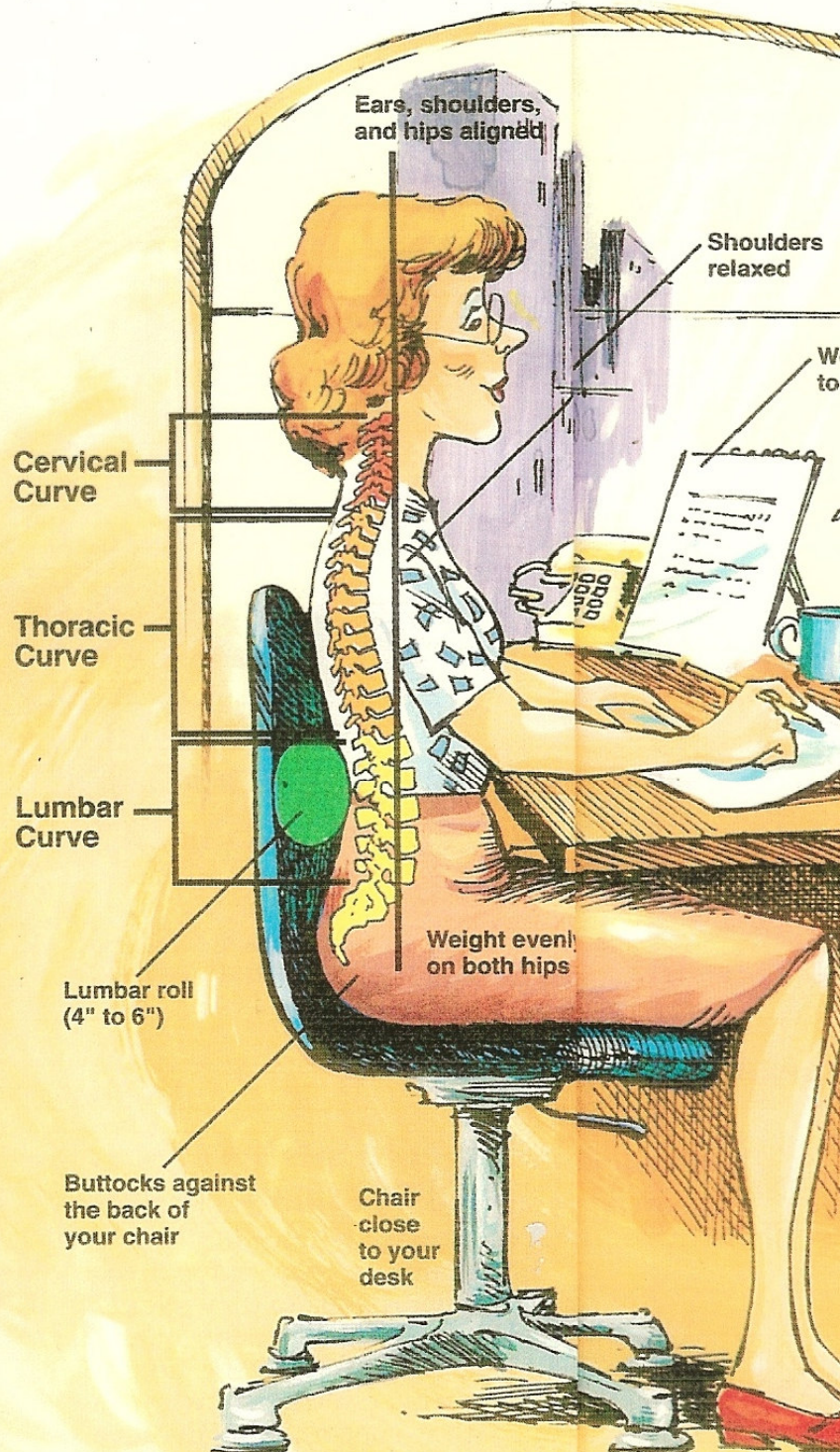
### Use document stands

Use a document stand or copy holder when you type or read. This will tilt your work up to eye level. Then you don't have to lean over your desk.



### Hold your reading at eye level

If you don't have a document stand, try to hold your reading material at eye level. That way, you can maintain good posture.



## Good Sitting Posture

To safely align your back's three natural curves, keep your ears, shoulders, and hips in a straight line.