

WORKANOMICS

What is good posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during a movement or weight-bearing activities.

Proper posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents strain or overuse problems.
- Prevents backache and muscular pain.
- Contributes to a good appearance.



Neck Strain?

Why use a Laptop/Monitor Riser?

Leaning forward and tilting your head up or down to see your computer screen can place strain on your neck and back. Use a Laptop/Monitor Support to position your screen at eye level.

Back Tension?

Why use back support?

Sitting in a chair without proper support can cause poor circulation, back discomfort, and overall fatigue.



Ankle Pressure

Ankle Pressure?

Why use a foot support?

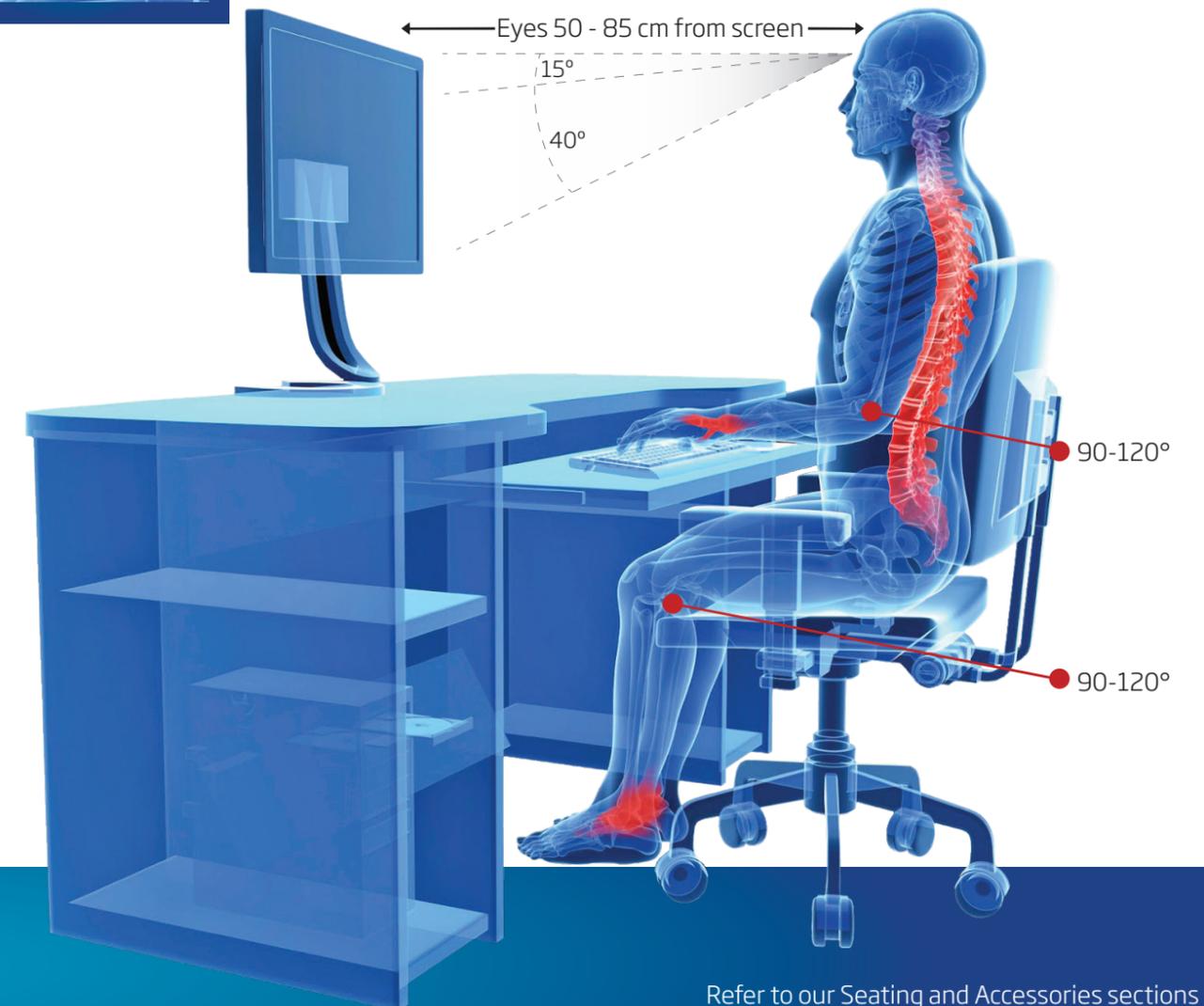
Sitting in a chair without proper support can cause poor circulation, back discomfort and overall fatigue. Using a foot support helps to maintain correct posture.



Wrist Pressure

Wrist Pressure?

Why use a wrist support? The innovative patented Health-V Channel product range relieves pressure on the median nerve to prevent wrist discomfort and injuries such as Carpal Tunnel Syndrome. Microban® antibacterial protection fights the growth of harmful bacteria for the lifetime of the product.



Refer to our Seating and Accessories sections for all your Ergonomic needs!