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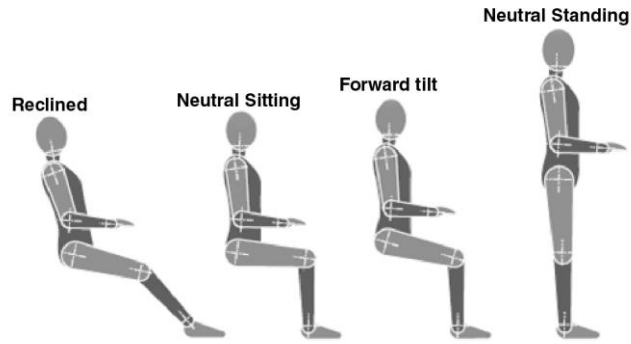
Ergonomics

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(Source: adapted from Figure A.1, **CSA Z412-17 - Office ergonomics - An application standard for workplace ergonomics**. © 2017 Canadian Standards Association)

Whether standing or sitting, **a worker should be able to work in a neutral posture when working with a computer or mobile technology** in order to minimize postural demands.

A **neutral sitting posture** is described as:

✅ neck is upright and over the shoulders 🚫 <u>not</u> bent, twisted, or forward

✅ relaxed shoulders 🚫 not slouched or raised

✅ upper arms hanging vertically alongside the body 🚫 not reaching

✅ elbows close to the body and at 90 degrees when typing

✅ forearms horizontal to the ground

✅ wrists straight when typing 🚫 not bent up, down or sideways

✅ back straight and well supported by the chair 🚫 not slouched

✅ thighs approximately horizontal to the ground

✅ feet flat on the floor or on a foot rest, with the feet at an angle of 90 degrees with the lower legs

A **neutral standing position** is described as:

- head, neck, body and legs approximately in line and vertical
  - a leg may be raised for short periods of time using a foot support

- when performing work at a computer:

  ✅ relaxed shoulders 🚫 not slouched or raised

  ✅ upper arms hanging vertically

  ✅ elbow close to the body and at 90 degrees

  ✅ wrists straight when typing 🚫 not bent up or down or turned or tilted

While workers should be able to work in neutral postures when sitting or standing, any posture can be tiring after some time. To avoid the negative effects of prolonged sitting or standing in one posture for extended hours, workers should be able to: switch between sitting and standing or change their seated or standing postures.

Find out more about ergonomics in the workplace at www.ontario.ca

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