

Neutral Standing Posture

- Do not force the body to conform to the workspace. As noted in the figure below, alter the workspace to conform to the individual employee.
- Keep the spinal column aligned in its natural “S-shaped” curve. The natural S-curve provides the best equalization of spinal forces.
- At the beginning of the task, employees should conduct the following to orient the spine into the S-curve:
 - Stand with your feet shoulder-width apart, your arms at your sides and head up.
 - Take a breath, push out your chest, pull in and tighten-up your stomach muscles and arch the back. Tighten the upper torso muscles and hold the position for a few seconds.
 - Then relax the body and your spine should release into the S-curve.
- Conduct this stretching task periodically throughout the day and each time you return to the workstation or your task.
- Additional work practices include:
 - Prop one foot up on a stool to reduce stress on the lower back.
 - Stand on a firm, but shock absorbing mat to increase comfort.
 - Stretch often and shift position.
 - Keep body flexible; this increases comfort and productivity.