

COMPUTER POSTURE CHECKLIST

SittingPosture.com

by Todd Bowen

- ☐ I switch between sitting and standing multiple times a day.

(Because working in the same position for long periods of time can cause repetitive strain and overuse injuries, regardless if my posture is good or bad.)

SITTING POSTURE

- ☐ I sit with an upright torso. My spine should be in a balanced, neutral position, with its natural curves intact. I avoid slouching forward, or sitting up “too straight.”
- ☐ I keep my lower back arched slightly forward (lumbar curve). I use a lumbar support if necessary.
- ☐ I maintain an equal balance of muscle activation between my lower back and my abs.
- ☐ I don't sit with anything in my back pocket (wallet, phone, etc.).
- ☐ I keep my head comfortably above my torso, (avoid forward head posture).



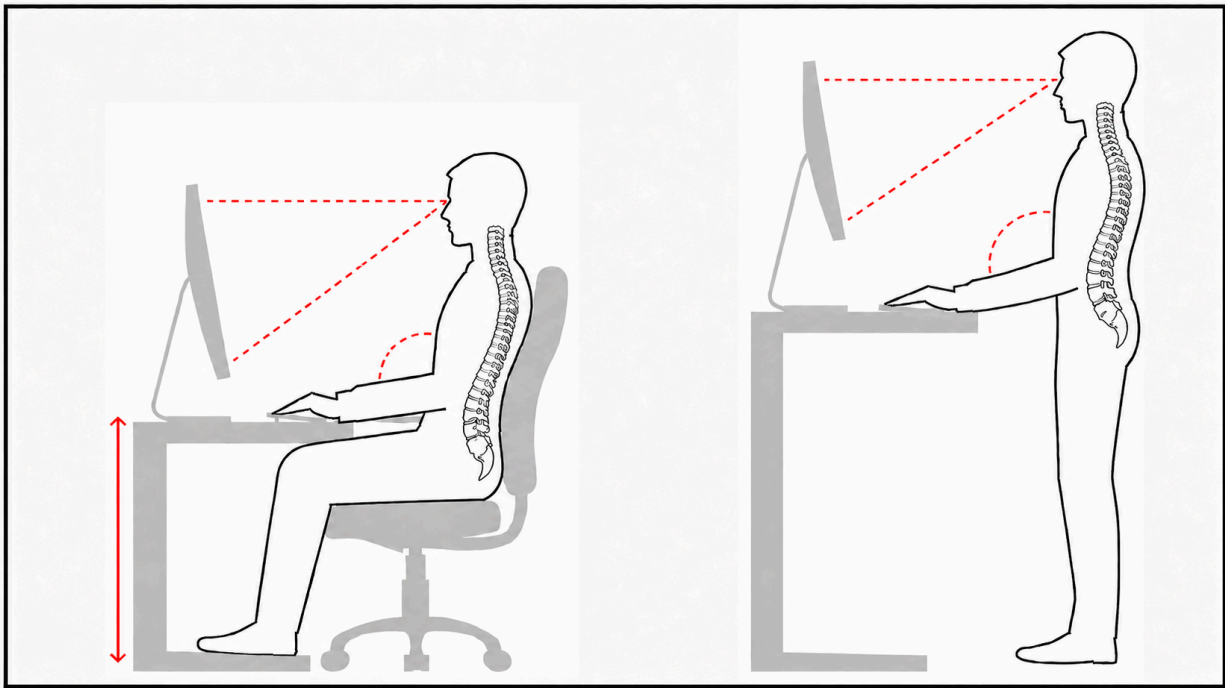
This image is a great example of a neutral, balanced spine, with its natural curves intact.

- ☐ My shoulders are in a balanced, neutral, and somewhat relaxed position (not internally rotated).
 - ☐ I make sure my elbow height is slightly above desk level. If my desk isn't height-adjustable, I adjust my chair height until my elbow level is slightly above desk level (forearms angled slightly down).
 - ☐ That correct chair height should also put my hips slightly higher than my knees.
 - ☐ If this correct chair height lifts my feet off the floor, then I use a footrest. And I keep my feet flat on the footrest.
 - ☐ But if that correct chair height allows my feet to reach the floor, I keep my feet flat on the floor at all times. I do not cross my legs or feet.
 - ☐ My ankles should be either directly under my knees, or slightly ahead of them. I never want my ankles to be behind my knees.
 - ☐ I keep my keyboard and mouse close to the edge of my desk and my elbows close to my rib cage (to prevent overextending my arms).
 - ☐ I keep my wrists straight when typing and clicking (not bent up or down).
 - ☐ I keep my monitor a comfortable distance from my eyes (to prevent eye strain) and directly in front of me (not off to the side).
 - ☐ I adjust my monitor height until the top of the screen is even with my eye level. If working from a laptop, I use an external monitor.
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STANDING POSTURE

- ☐ I stand with an upright torso. My spine should be in a balanced, neutral position, with its natural curves intact (the same position it's in when I sit). I avoid slouching forward, or standing up "too straight."
 - ☐ I keep my lower back arched slightly forward (lumbar curve).
 - ☐ I keep my head comfortably above my torso (avoid forward head posture).
 - ☐ My shoulders are in a balanced, neutral, and somewhat relaxed position (not internally rotated).
 - ☐ I adjust my desk height until my elbows are slightly above desk level.
 - ☐ I keep both feet flat on the floor.

(I may shift more weight to one leg occasionally, but only if I counterbalance that weight by shifting to the opposite leg later (for an equal amount of time). I imagine my body as a tree swaying in a light breeze. Not stiff and rigid, like a concrete building.)
 - ☐ I stand on an anti-fatigue mat to prevent foot and leg muscle fatigue.
 - ☐ I keep my keyboard and mouse close to the edge of my desk and my elbows close to my rib cage (to prevent overextending my arms).
 - ☐ I keep my wrists straight when typing and clicking (not bent up or down).
 - ☐ I keep my monitor a comfortable distance from my eyes (to prevent eye strain) and directly in front of me (not off to the side).
 - ☐ I adjust my monitor height until the top of the screen is even with my eye level. If working from a laptop, I use an external monitor.
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In this image, notice how the 4 most important ergonomic variables stay the same, regardless if we're working in a sitting or standing posture:

- *The spine is in a neutral position with its natural curves intact*
- *Elbows are slightly above desk level*
- *Top of monitor screen is even with eye level*
- *Feet are flat on the floor (or a footrest if necessary)*

Thanks for your interest in computer posture.

Todd Bowen

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