

Quick Tips

The Neutral Posture

Over the past several years there have been significant changes in the way work is performed. From smartphones and tablets to standing workstations and home offices, there has been a shift in the fundamental approach to computer work.

Directly associated with these changes is the increased prevalence of sedentary, static work postures related to the use of computers. As the demands on bodies have increased, there has been a rise in issues related to repetitive motion and overuse.



Here at Atlas we continually stress the importance of keeping the Neutral Posture no matter what configuration you may be in. Whether sitting or standing, or using a desktop, laptop, or even a tablet, these proven principles apply:

- Wrists Straight
- Shoulders Relaxed and Elbows at your Side
- Head Upright and Looking Forward
- Feet, Legs, and Back Supported

These are the fundamental principles of the Neutral Posture.

Please contact us if you'd like to learn more about The Neutral Posture and ways to effectively teach your employees about it.

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