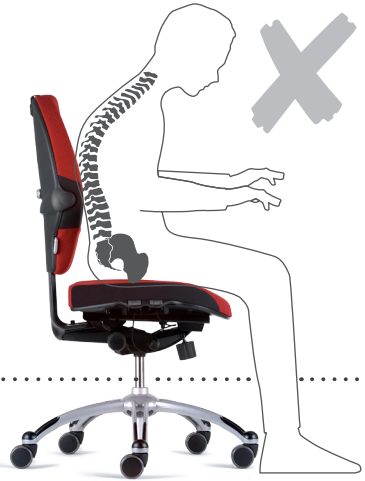
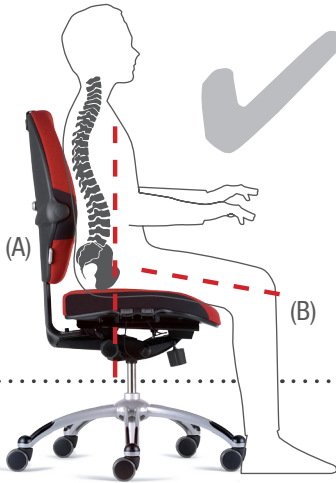


# The Art of Sitting

Correct sitting is not all about sitting up straight...



## Correct working posture

Always sit back and move your chair close to the desk to maintain contact between your back and the seat back to help support and maintain the inward curve (A) of the lumbar spine. This can easily be achieved by choosing a seat which has a forward tilt of 5°-15° (B) - thereby ensuring your hips are slightly higher than your knees.

## Poor working posture

Do not perch on the front edge of your seat. Do not place your keyboard too far away from you - move it closer to the front edge of your desk. Avoid incorrect slouching where the angle of the pelvis rotates backwards. This results in the loss of the inward curve in the lumbar spine and cause excessive strain on the lumbar discs.



## Correct slouch

Balanced rocking pelvic tilt and adjustable floating tilt chairs (also known as "knee tilt") allow the user to release the whole seat and back into free float thereby allowing the user to lean back and 'slouch correctly' whilst still being supported by the chair.



## Incorrect slouch

Take care with "syncro" mechanisms whereby the "freefloat" feature allows the chair back to go past 90° resulting in the pelvis rotating backwards to reduce the inward curve of the lumbar spine.