

ErgoTips

Sitting Posture Matters

MoveSafe® Principles

Healthy Posture and Movement

- **Stable Base:** Feet supported on floor or footrest, hips at rear of chair, thighs evenly supported by chair seat pan, upright and slightly reclined upper body posture.
- **Hinge at the Hips:** When leaning or reaching forward, hinge at the hips while maintaining a neutral spine posture.
- **Shoulders Anchored:** Shoulders supported against a slightly reclined backrest, head balanced over shoulders, arms at sides of body.