

Back Fit - Ergonomics and Correct Lifting

Proper lifting



Preparation includes: Reduce load weight; use tools; create an ergonomic environment; even weight distribution; get help from others, etc.

Proper pick up: Stand with legs hip-width apart. Bend the knees and push the buttocks backward while keeping the back straight. Exhale when lifting. Reverse the sequence when lowering and avoid sudden movements.



Proper carrying:
Carry close to the body's center
Keep stomach and back tense
Maintain a straight back, avoid leaning
Avoid twisting while carrying

Ergonomics in the workplace

Enough space and privacy

Temperature approx. 20 - 24°C

- Individual adjustment
- Elbows at table level
- Screen-to-eye distance approx. 60-80 cm
- Top of screen at eye level
- Plants keeping to improve air quality



For home office

Raise the screen with a stool or a stack of books



Sitting correctly

Stand up 2-3 times per hour
Schedule standing breaks

- 60% dynamic sitting: Alternating between sitting upright, bending forward and leaning back
- 30% standing
- 10% purposeful walking around



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