

# 7 Tips for Standing with Good Posture



Justrite Safety Group

## 1 Position your feet properly to balance your weight

- Your feet should be about shoulder-width apart.
- Plant your feet into the ground, and twist them slightly outward, this will give the arches of your feet more support.

## 2 Engage your core

- The muscles in your abdomen are the core of support for your body. Flex your abdominal muscles slightly to engage the muscles to support you.

## 3 Align your spine and hips

- You should keep your spine and hips neutral, keeping them in line with your neck.
- Roll your shoulders back naturally and let your arms fall by your sides. (Don't stick your chest out too much, you aren't a pigeon, and don't forcefully curve your spine!).

## 4 Vary your standing position

- Alternating your standing position while maintaining good posture is important to avoid fatigue.
- Vary foot pressure at intervals in order to alternate use of your muscles by shifting your weight onto your toes, heels, and the inside and outsides of your feet.

## 5 Position your anti-fatigue mat correctly

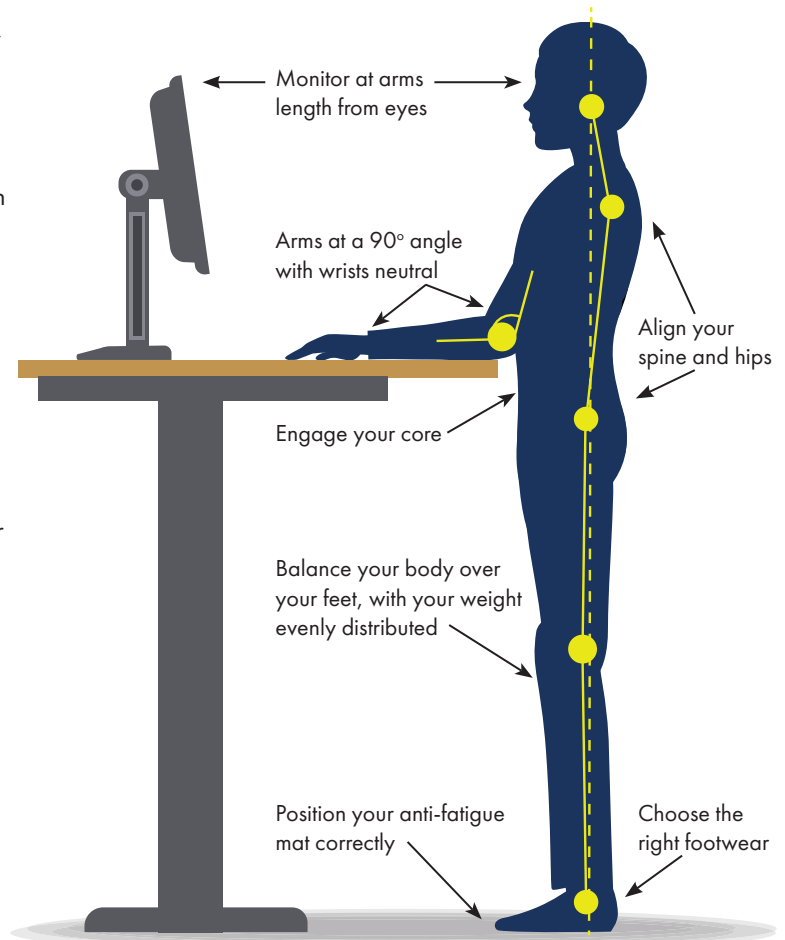
- An anti-fatigue mat stimulates very subtle movements in your muscles to keep you balanced. This muscle engagement keeps the blood flowing through your lower limbs increasing circulation which reduces fatigue while reducing pressure in your feet.
- Make sure that you are standing fully on our anti-fatigue mat and it is flush with your work space

## 6 Choose the right footwear

- To ensure you have maximum comfort it is important to choose your shoes wisely.
- Make sure you stand in footwear that is comfortable, flexible and provides good arch support if you need extra (read: no high heels).

## 7 Switch it up

- It is recommended that you vary between sitting, standing, and moving as much as possible and that you never stand uninterrupted for more than 1 hour at a time.
- You should take regular breaks by going for walks, even around the office is enough, and by having a seat nearby so that you can take a rest occasionally.



### Popular NoTrax® Anti-Fatigue Mats

425	Superfoam™ Revive RS Standing Desk Mat
440	Superfoam™ Comfort™ Anti-Fatigue Mat
454	Ergo Comfort™ Anti-Fatigue Mat
512	Marble-Tuff™ Max Anti-Fatigue Mat
T17	Superfoam™ Anti-Fatigue Mat