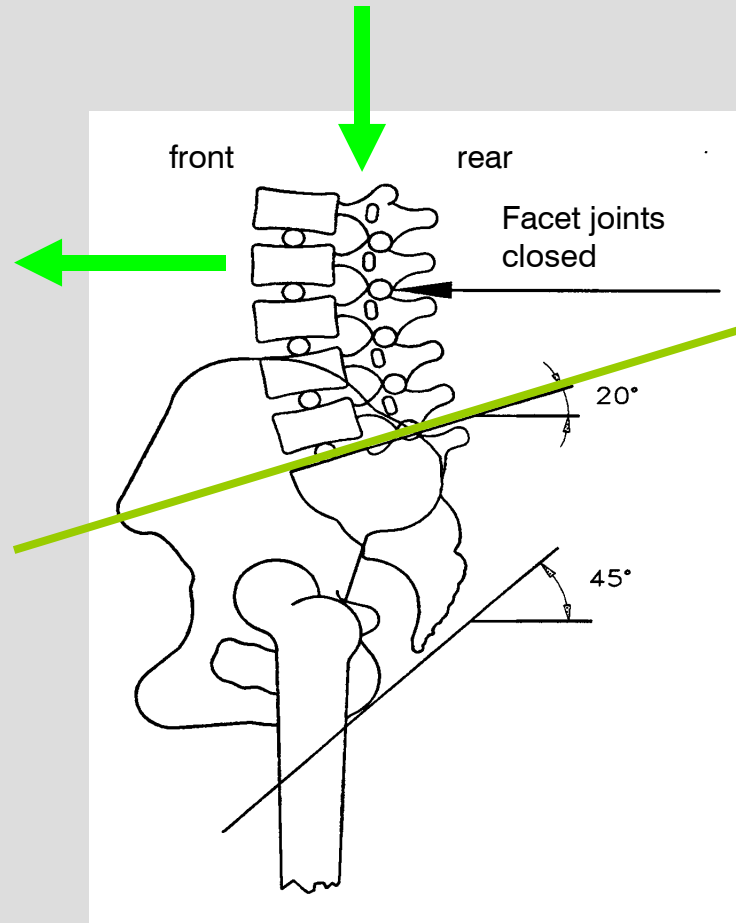


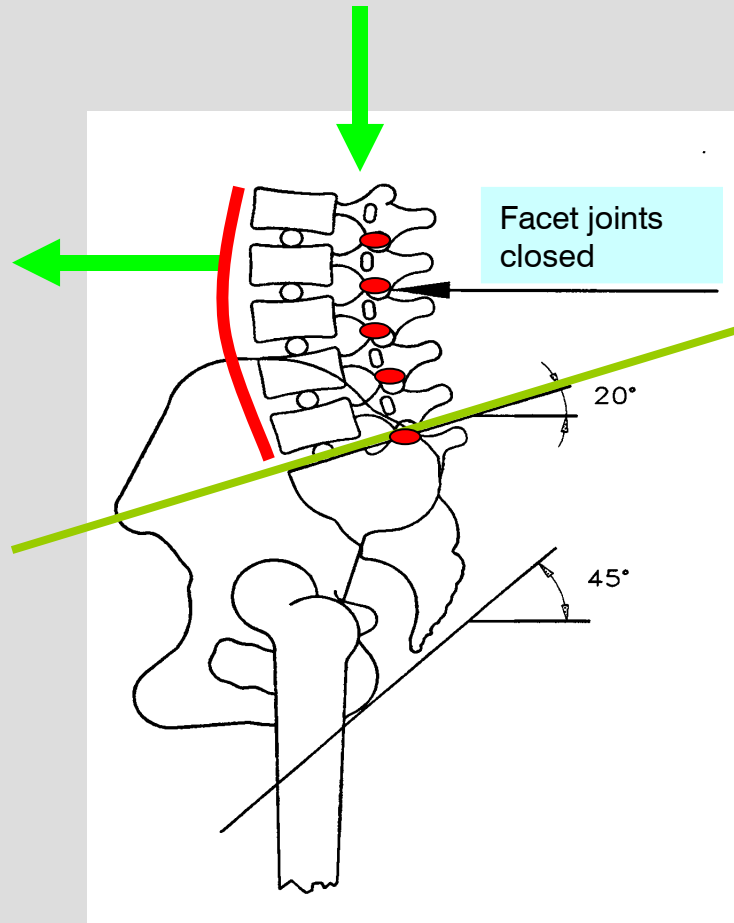
Anatomy of the lower back

Standing position



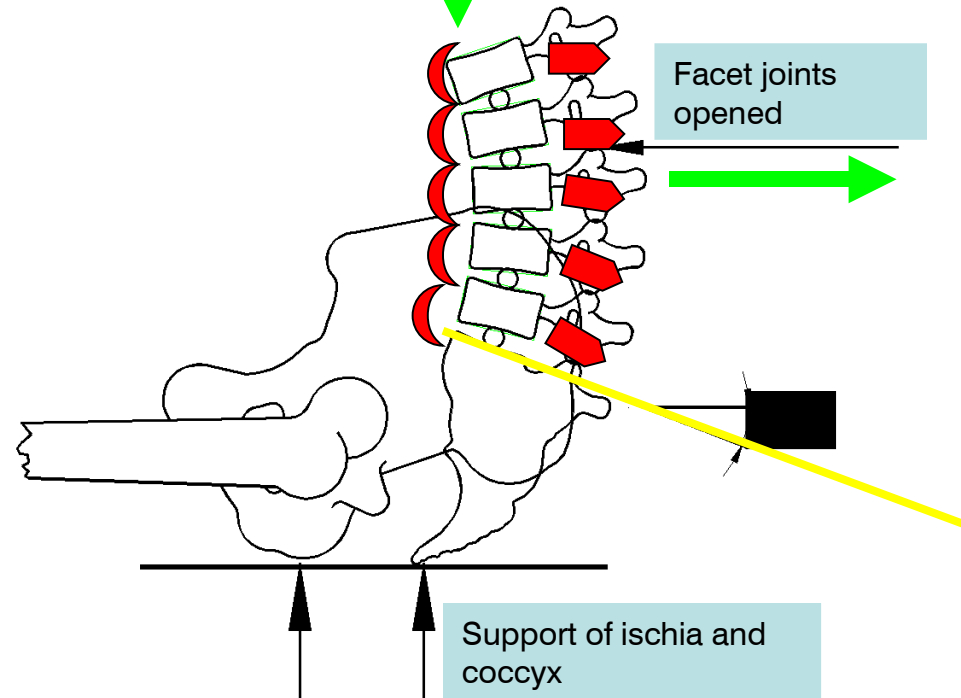
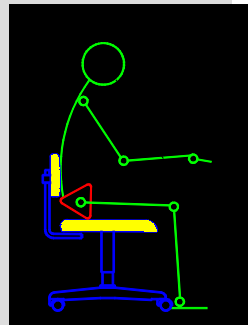
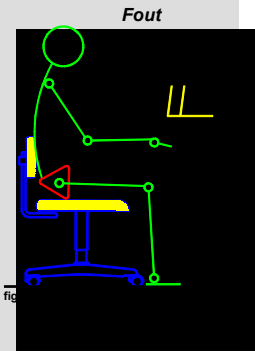
Anatomy of the lower back

Standing position



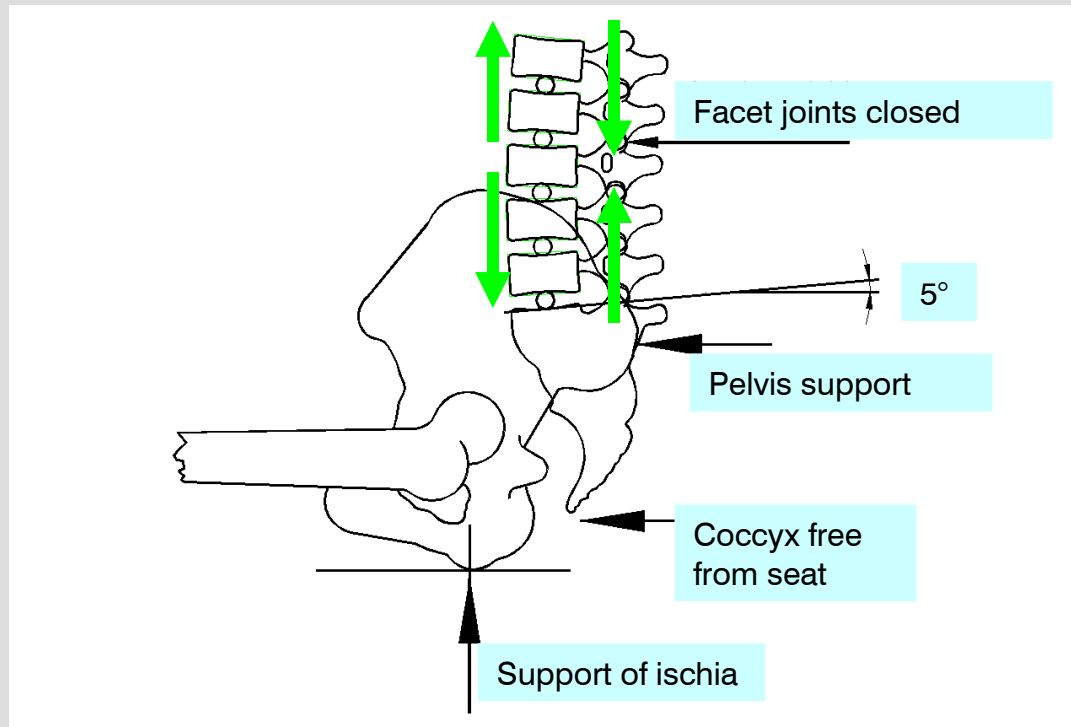
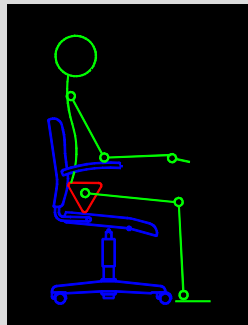
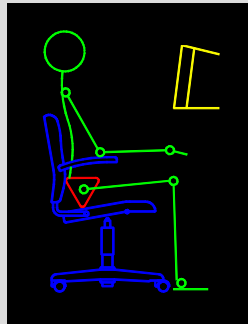
Anatomy of the lower back

Sitting position (incorrect chair)



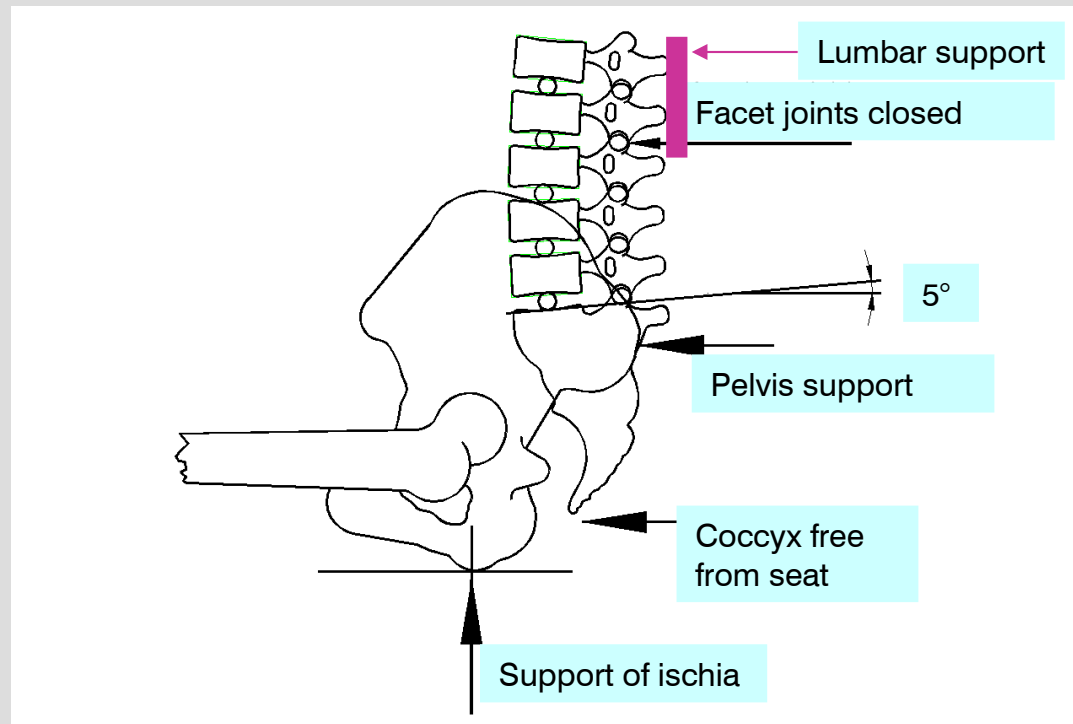
Anatomy of the lower back

Sitting position (correct chair)



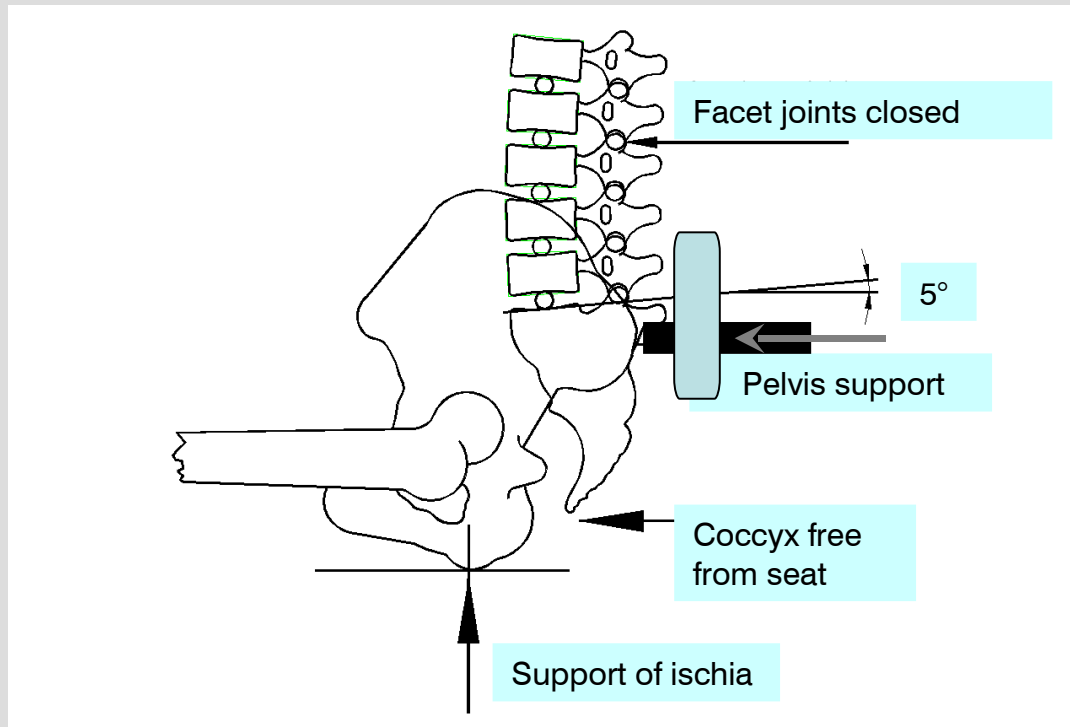
Anatomy of the lower back

Sitting position

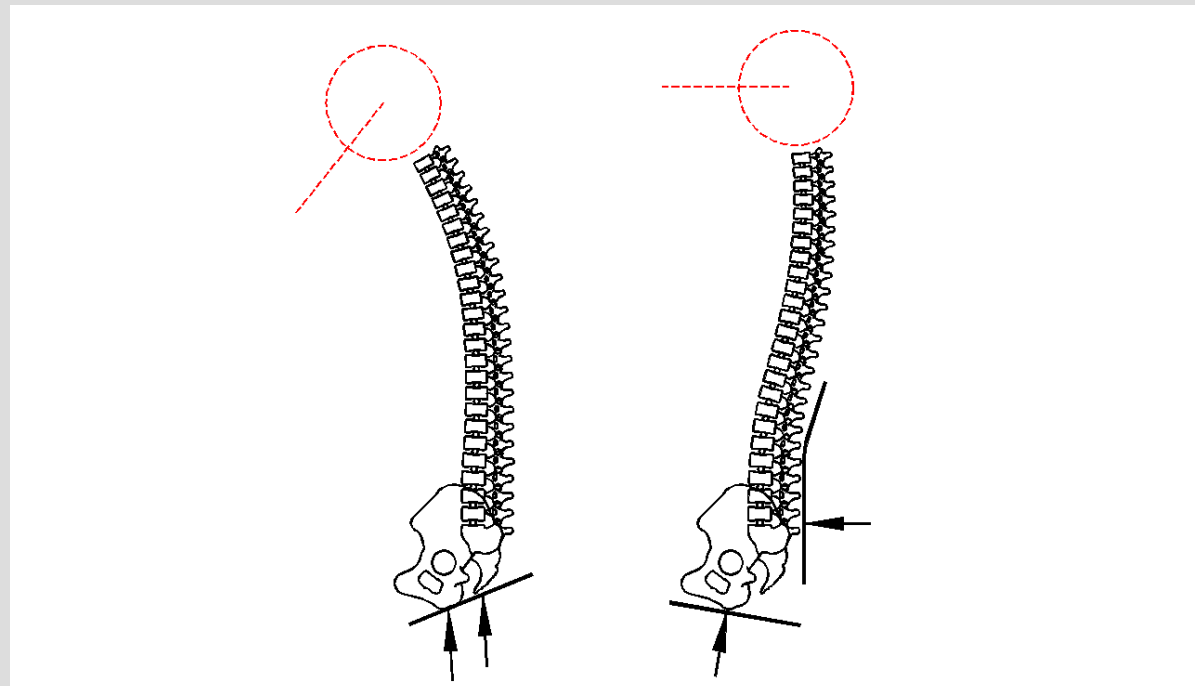


Anatomy of the lower back

Sitting position (correct chair)



Correct workstation

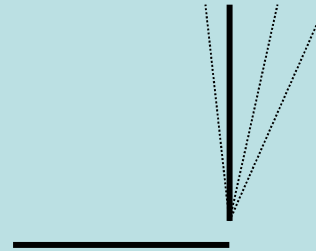


reading/writing

computer screen

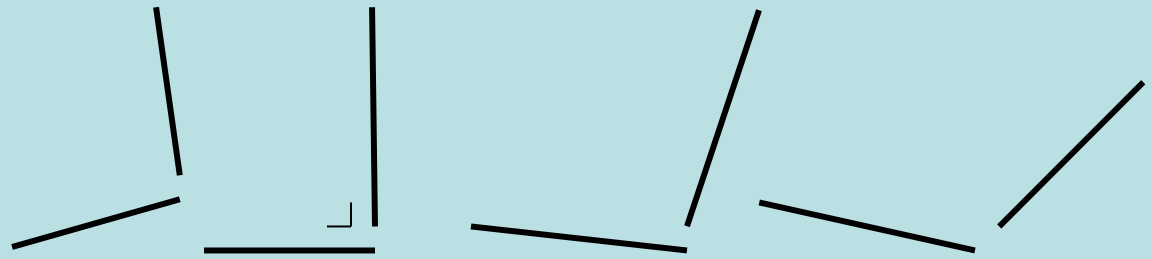
Types of Action

Permanent backrest contact



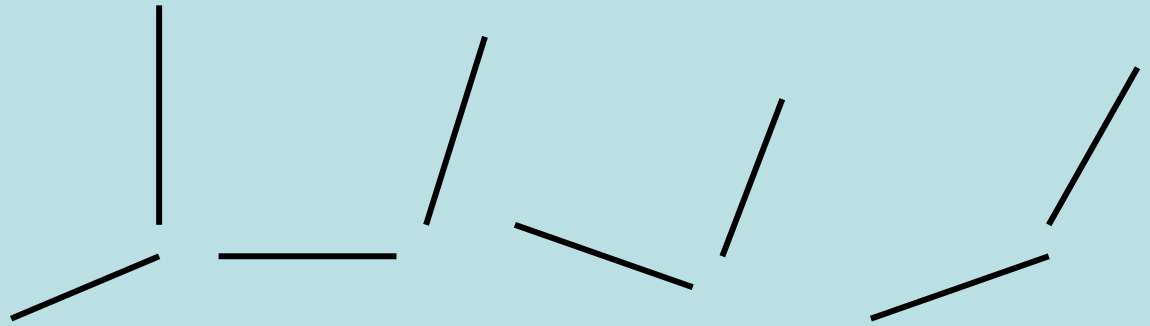
Types of Action

Synchronised 1:2, 1:3

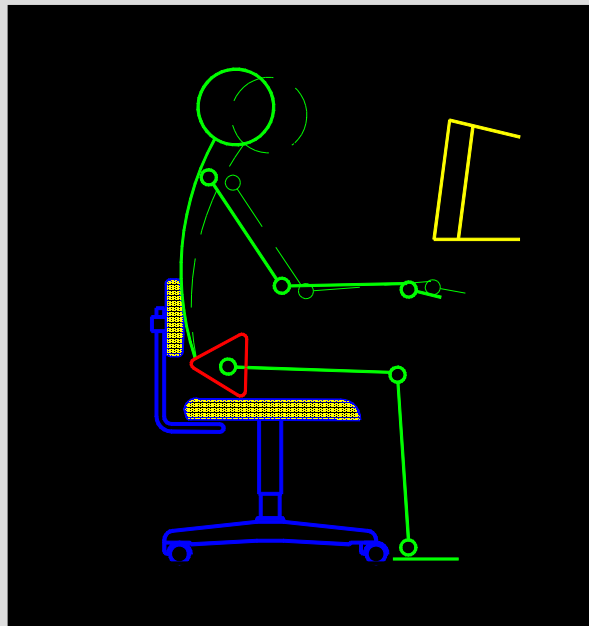


Types of Action

Free float, multi dynamic



Incorrect posture



Correct Posture

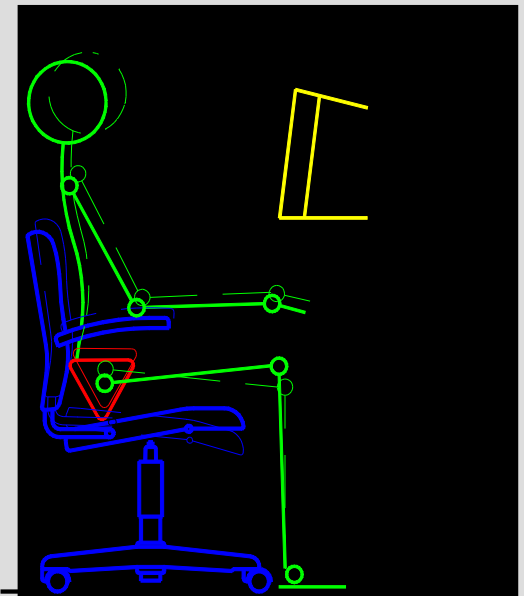


fig. 3.3.b

Conclusion

- Static muscle strain must be avoided
- Correct spinal posture starts with the pelvis
- VDU work requires a horizontal angle of view
- Armrests and shape of the desk are crucial