

TIPS TO SIT IN A PROPER POSTURE

Always sit with back support.
Place a pillow or roll a towel
behind your lower back.



Adjust your chair height such
that your feet rest on the floor.



Don't cross your legs.



Ensure your knees are at or
below the hip level.



Relax your shoulders.



Keep your head and neck
aligned.



Ensure that the monitor is at
or slightly below eye level.



Don't sit continuously in the
same position for prolonged
hours.

