



① BACK (LUMBAR) SUPPORT

② FOREARM SUPPORT

③ THIGH SUPPORT

④ SPACE BEHIND KNEES

⑤ ELEVATED FOOT REST

## Support: Reduce fatigue by supporting your body!

- An adjustable chair is a key piece of equipment that allows workers to move quickly and easily between different tasks and working positions.
- Different working postures need different types of support. Reduce fatigue by supporting the back, thighs and feet with a chair, the floor, a foot support, or a stool.
- Training on adjustable chair features, workstation and equipment allows a worker to set them up to fit their body and the work they perform.



For more info visit:  
[msdprevention.com](https://msdprevention.com)

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Centre of Research  
Expertise for the  
Prevention of  
Musculoskeletal Disorders

**Work  
shouldn't  
hurt**

# Support: Reduce fatigue by supporting your body!

- Depending on the equipment available and the working postures chosen, support for the body may come from a chair, a stool, a foot support or the floor.
- Training on all the adjustable features of the chair, allows a worker to set it up to fit their body and the work they perform.
- The chair seat should provide comfortable thigh support and leave a space between the front of the seat and the back of the knee when the worker is sitting back in the chair.
- A foot-rest may be required for some workers and workstation arrangements if a worker's feet do not rest comfortably on the floor.
- The chair should have a lumbar support that is adjustable in height.
- All the parts of the workstation have to work together: After adjusting the individual parts of the chair separately, fine-tune the setup so it fits your body and tasks.

## INCLUDE BREAKS AND PAUSES AT WORK

- *Change it Up:* Even with good furniture and equipment, doing a single task in a single position will create fatigue and discomfort.
- Changing tasks and moving between, sitting and standing, reclined sitting and walking helps avoid the negative effects of prolonged office work.
- Fatigue creeps up on the body and eyes. Vary work and working positions. Move early – before you feel fatigue – and move often.
- Stretching can help.

## IMPROVE WORK

- Ask yourself and others, “*Why do people feel fatigued or sore when doing office work?*” and keep asking “why” until you get a good answer!
- Once the underlying cause of the problem has been identified, employees and managers working together can control hazards and improve work best.
- Use these ideas for any office work, whether in an office building, home office, automobile or in the field.

## What are we going to do today to make our workstations and workspace better?

*Whatever changes you make, check that you are not creating any new problems.*

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