# Posture and Ergonomics – School Safety Meeting Kit




## WHAT’S AT STAKE

Think about how much of our day we spend working in various positions. Whether it’s grading papers, working at our computers, or interacting with students, the way we position our bodies and the setup of our workspaces significantly impact our health and well-being. Poor posture and a lack of ergonomic awareness can lead to a cascade of problems that affect not only our physical comfort but also our ability to effectively do our jobs. We’re talking about more than just a little stiffness; we’re talking about potential for chronic pain, reduced energy levels, and even decreased productivity. When we’re not comfortable, it’s harder to focus on our students and our tasks.

## WHAT’S THE DANGER

Think about how many hours we spend each day in various postures. Whether we’re grading papers hunched over a desk, typing on a computer with our neck craned forward, or standing for long periods without proper support, our bodies can take a real beating.

- **Musculoskeletal Disorders (MSDs):** This is a broad term for injuries and disorders that affect the muscles, bones, ligaments, nerves, and tendons. Poor posture and awkward or repetitive movements in poorly designed workspaces are major contributors to MSDs. These can manifest as back pain, neck pain, shoulder pain, carpal tunnel syndrome, and more. The Bureau of Labor Statistics consistently reports that MSDs are a leading cause of workplace injury and lost workdays across various sectors, and our school environment is no exception.
- **Back and Neck Pain:** These are two of the most common complaints related to poor posture. Slouching while sitting puts excessive strain on the muscles and ligaments in our backs and necks. Craning our necks forward to look at a computer screen can lead to chronic neck pain and headaches. Over time, this can contribute to more serious spinal issues. Studies have shown a strong correlation between prolonged sitting with poor posture and increased risk of chronic back and neck pain.
- **Headaches:** Tension headaches are often triggered by poor posture,

especially in the neck and shoulders. When the muscles in these areas are strained due to incorrect positioning, it can lead to tightness that radiates up into the head, causing significant discomfort and impacting concentration.
- **Reduced Circulation and Fatigue:** Slouching can compress our internal organs and restrict blood flow. This can lead to feelings of fatigue, sluggishness, and even digestive issues. When our bodies aren't properly aligned, it takes more energy just to maintain our posture, leading to increased tiredness throughout the day.
- **Carpal Tunnel Syndrome and Other Nerve Issues:** Incorrect positioning of our wrists while typing, often due to a poorly set-up workstation, can put pressure on the median nerve in the wrist, leading to carpal tunnel syndrome. This can cause pain, numbness, and tingling in the hands and fingers. Similarly, other nerves throughout the body can become compressed or irritated due to poor posture.
- **Reduced Productivity and Focus:** When we're uncomfortable or in pain due to poor posture or a poorly designed workspace, it's much harder to concentrate on our tasks. Discomfort can be distracting and can lead to decreased efficiency and productivity.

## HOW TO PROTECT YOURSELF

So, what can we do to combat these dangers and create a more comfortable and ergonomic school environment for ourselves? It's all about making conscious adjustments to our posture and our workspaces.

**Maintaining Proper Sitting Posture** When sitting, aim to keep your feet flat on the floor or on a footrest. Your knees should be at about a 90-degree angle or slightly lower than your hips. Sit back in your chair so that your lower back is supported by the chair's lumbar support or a cushion. Avoid slouching or leaning forward excessively. Imagine a string pulling you up from the crown of your head.

**Setting Up an Ergonomic Computer Workstation** Position your monitor at arm's length, with the top of the screen at or slightly below eye level. This helps prevent neck strain. Use a document holder if you frequently refer to hard copies. Your keyboard should be placed directly in front of you, allowing your elbows to be bent at about a 90-degree angle, with your wrists straight. Use a mouse that fits comfortably in your hand, positioned close to your keyboard to minimize reaching. Consider using a wrist rest if it helps maintain a neutral wrist position.

**Adopting Good Standing Posture** If your work involves standing for extended periods, try to distribute your weight evenly on both feet. Avoid locking your knees. If possible, use a footrest to shift your weight occasionally. Maintain a neutral spine, keeping your shoulders relaxed and your head level.

**Practicing Safe Lifting and Carrying Techniques** While we covered this in a previous talk, it's crucial for overall ergonomics. Always bend your knees and keep your back straight when lifting. Hold items close to your body and avoid twisting. If something is too heavy or awkward, ask for help or use equipment like dollies.

**Taking Regular Breaks and Incorporating Movement** Prolonged static postures,

whether sitting or standing, can be detrimental. Aim to take short breaks every 20-30 minutes to stand up, stretch, or walk around. Even brief movements can help improve circulation and reduce muscle fatigue. Consider incorporating stretching exercises into your daily routine.

## FINAL WORD

Thinking about our posture and workspace setup might feel minor, but it significantly impacts our daily comfort and long-term health. Making small adjustments can lead to big improvements in how we feel and work.