Posture and Ergonomics – School Safety Picture This



The image shows a woman working at a desk, clearly experiencing lower back pain, likely caused by poor ergonomic setup and posture. Her chair lacks lumbar support, her back is arched uncomfortably, and her screen and documents appear to be positioned in a way that promotes slouching or twisting. In school settings, whether for staff or students, prolonged poor posture like this can lead to musculoskeletal disorders, fatigue, and reduced productivity.

Schools should ensure that ergonomics are prioritized in all desk-based environments. Chairs should provide adjustable back support, feet should rest flat on the floor or a footrest, and screens should be at eye level to prevent neck strain. Workstations must be designed to fit the user, not the other way around. Providing training on proper posture and ergonomic practices, as well as encouraging regular movement breaks, can greatly reduce discomfort and prevent long-term injuries among staff and students.