

Does this look familiar?

Checking in with your posture can be easily forgotten, but seemingly innocent positions can cause lasting problems for your neck, back and wrists.



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Although I'm sure many of us can relate to this prawn a little too often, the spine is forced into an unnatural position when we're hunched over.

Bart Groen, Operations Director for Wellbeing Europe

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The posture checklist

Be more like a meerkat by ticking the boxes on perfect posture:

- ☐ The monitor is at eye level
- ☐ Elbows are close to your body
- ☐ Straight, supported back
- ☐ Feet flat on the ground or foot rest (but our meerkat can't help that)

60%

of EU workers say
MSDs are their most
serious health
concern