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.

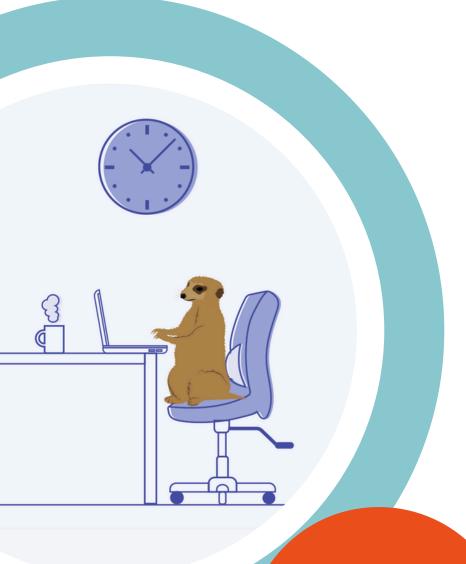




Although I'm sure many of us can relate to this prawn a little too often, the spine is forced into an unnatural position when we're hunched over.

Bart Groen, Operations Director for Wellbeing Europe





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)

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