

Best Practices– ERGO CHAMP ©

- **E**RGO BREAK. Take a short (3-5 minute break) for every hour of sitting
- **R**EMOVE or lower armrests from chair – especially if they block arm motions or prevent from being close enough to keyboard, pad, or mouse
- **G**O gentle on yourself – ergonomics is not a perfect science
- **O**UTSIDE the box thinking – it's ok use common sense. For example, rotate between your right and left hand for mouse use
- **C**OMFORT. Find your place of comfort. Is it sitting with back support; unsupported sitting more forward, or is it a combination of both
- **H**ANG the arms straight down at your side for 60 seconds every hour
- **A**CTIVITY. Use ergo techniques for away-from-work activities
- **M**IX it up. Your base position of comfort is your go-to place... but it's ok to occasionally hunch, or bend, or tilt throughout the day
- **P**OSTURE. Integrate GREAT POSTURE! Head sitting upright on your shoulders, and shoulders over your hips



Arms hanging straight at side