SIT CORRECTLY & AVOID BACK PAIN

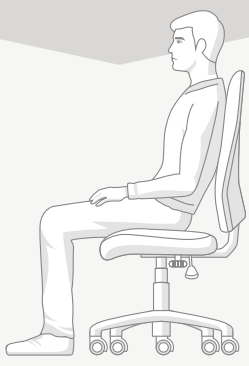
ZONE 1
PREVENT BACK TENSION

Sitting for long periods of time without proper support can cause poor circulation and back pain.

Our guide below provides tips on how to maintain a correct seated posture and improve your health, comfort and productivity.

HOW NOT TO SIT

Don't lean

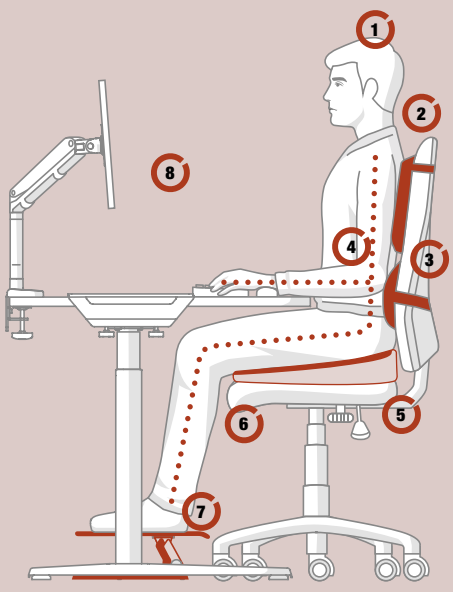


Don't slouch

Don't perch

HOW TO SIT CORRECTLY

1. Sit upright with your head balanced over your shoulders.
2. Relax your shoulders and maintain contact between your back and the chair or **back support.**
3. Keep the lumbar spine supported with the chair or **back support.**
4. Relax your arms, close to your body and at a right angle to the desk. A **seat cushion** can help with extra height if required.



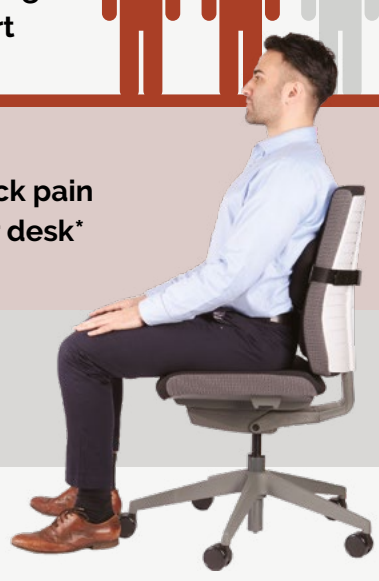
5. Tilt your seat pan or use a **wedge seat cushion** to ensure knees are level or just lower than your hips.
6. Support your thighs. Adjust your seat pan to leave 2 to 3 fingers gap between the back of the knees and seat pan.
7. Keep feet firmly supported on the floor or on a **foot rest.**
8. Remember to regularly take a break and move.

WHY DOES IT MATTER?

In a survey conducted by Fellowes

2 in 3 respondents reported experiencing physical pain, strain or discomfort due to their workstation set-up*

72% **of employees have suffered from back pain or a sore back whilst working at their desk***



39% **of workers think an additional back support would help them with back pain, whilst sitting at their workstation in the office***

VIEW OUR RANGE OF ERGONOMIC ACCESSORIES DESIGNED TO HELP PREVENT BACK TENSION.

All our products are **ergonomically certified** and are built to last with an extended **5-year limited warranty**.

Fellowes 5 YEAR WARRANTY

TESTED TO firainternational EN ISO 9241-5

Back Supports

Seat Cushions

Foot Rests

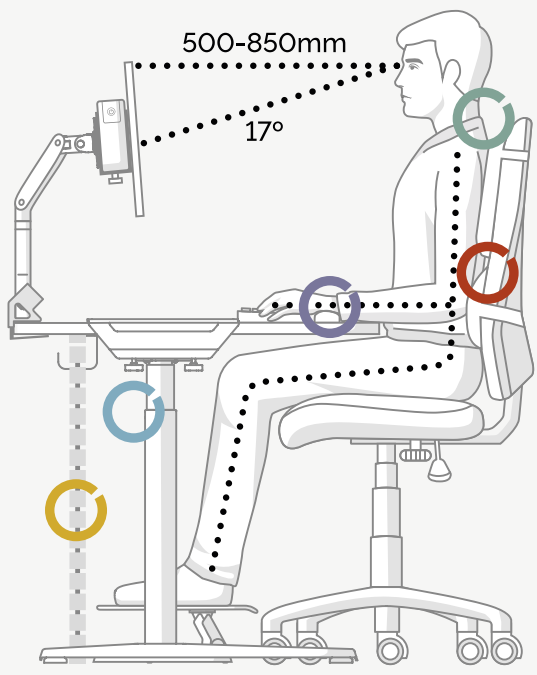
WANT TO LEARN MORE ABOUT WORKSPACE ERGONOMICS?

DISCOVER THE FELLOWES WORKSPACE ZONE APPROACH™

and improve your health, comfort & productivity today!

ZONE 1 *PREVENT BACK TENSION* | ZONE 2 *AVOID WRIST PRESSURE* | ZONE 3 *RELIEVE NECK STRAIN* | ZONE 4 *REDUCE INACTIVITY* | ZONE 5 *MINIMISE CLUTTER*

Click for more information on The Fellowes Workspace Zone Approach™



Fellowes

www.fellowes.com

*Fellowes Research, conducted in 2025