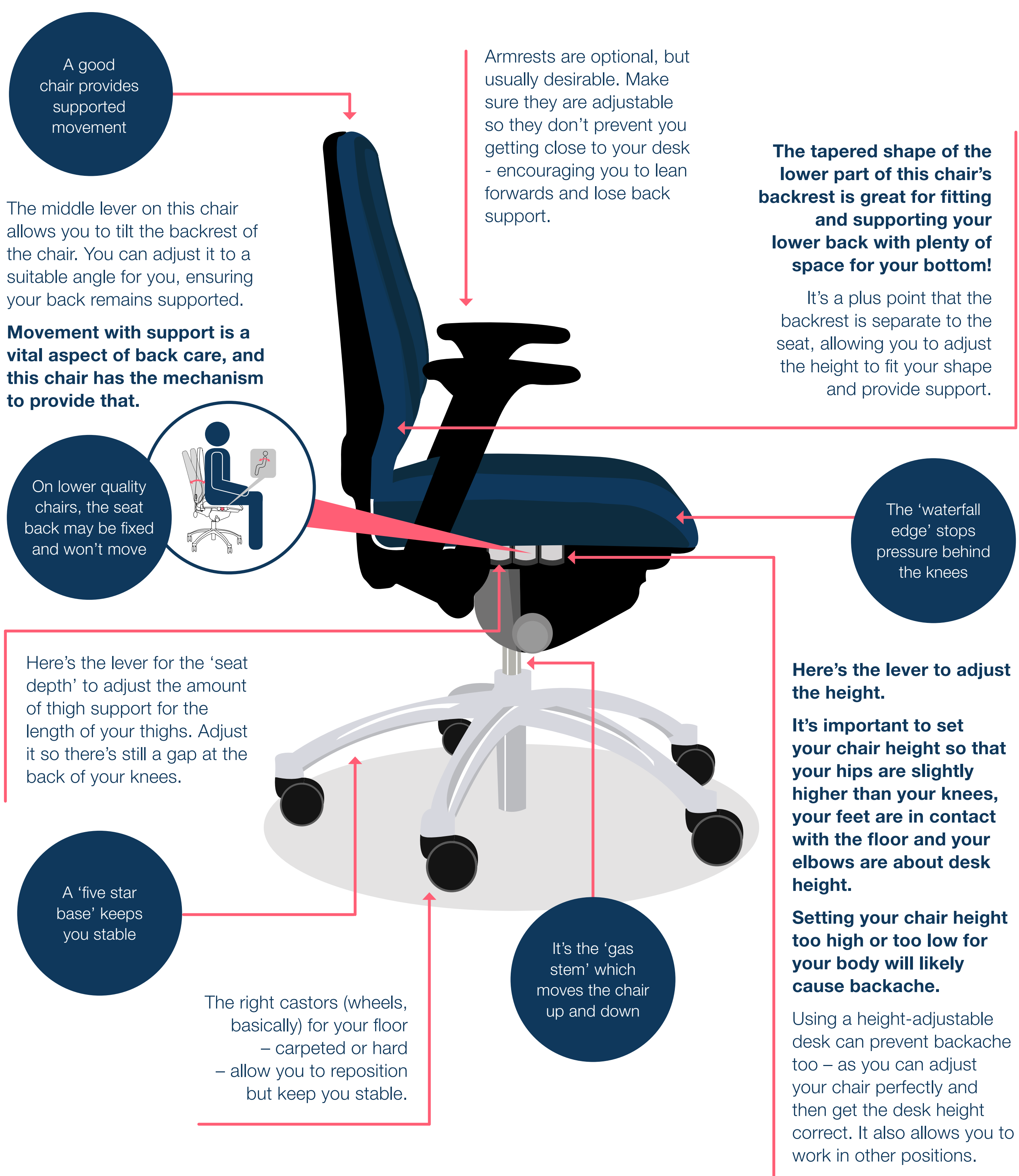


Which features of a good chair help a bad back?

The best thing you can do for your back at work is to keep moving. But make sure your chair is a good one for while you're seated; a chair which supports your body in a good position and is flexible enough to fit **your** physical dimensions.



This chair is the **RH Logic 300 (medium back) Ergonomic Office Chair** from Posturite
 Shop the great range of chairs with these features at posturite.co.uk/ergonomic-chairs

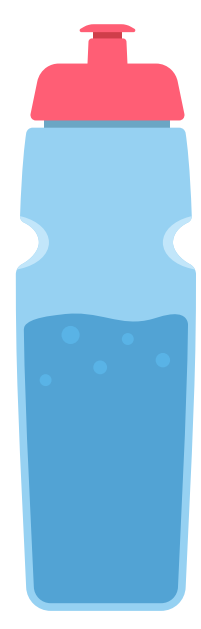


Would you like individual recommendations for ergonomic chairs?

Book a DSE Assessment with an expert from Posturite - or ask your employer to! The individual guidance provided will be ideal for people who have back pain - or pain elsewhere.

Head to posturite.co.uk/assessments/dse-assessments to book yours.

What else can I do to look after my back?



Drink more water!

Some experts believe that dehydration can actually cause and exacerbate back pain.



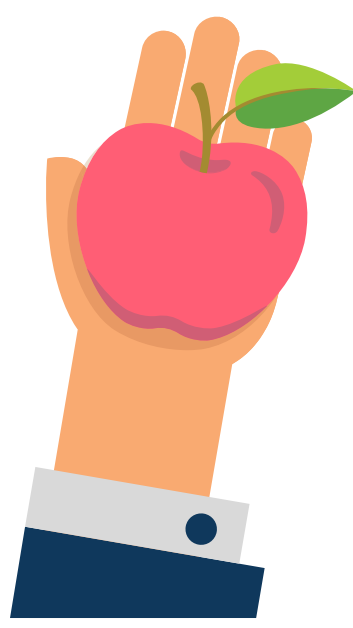
Use a sit-stand desk

Postural breaks are good for your back - so break up your working day with periods of standing, as well as sitting and moving.



Carry out manual handling safely

Always stop and think before handling and if in doubt seek help. Use equipment where you can, always keep items close and don't bend or twist your back.



Choose the apple not the doughnut!

Being overweight can cause back pain. The more weight you carry, the more pressure there's going to be on your spine. Try to eat as healthily as you can and exercise regularly.



Elevate your screen

Use a laptop stand or, if you use a computer screen, adjustable monitor arms, to elevate your screen to eye level. A screen that is too low causes your head to hang forwards. This causes the neck and back muscles to work harder.



What's next?

Explore the ergonomic equipment available at posturite.co.uk

For further support for musculoskeletal issues in the workplace, contact the Posturite team.

Always seek individual professional medical advice if you are concerned about back pain or another medical issue.

Research links

¹ Study by New Zealand's Massey University found that the more dehydrated participants were, the higher they rated their pain: https://www.huffpost.com/archive/ca/entry/dehydration-pain_n_9311154