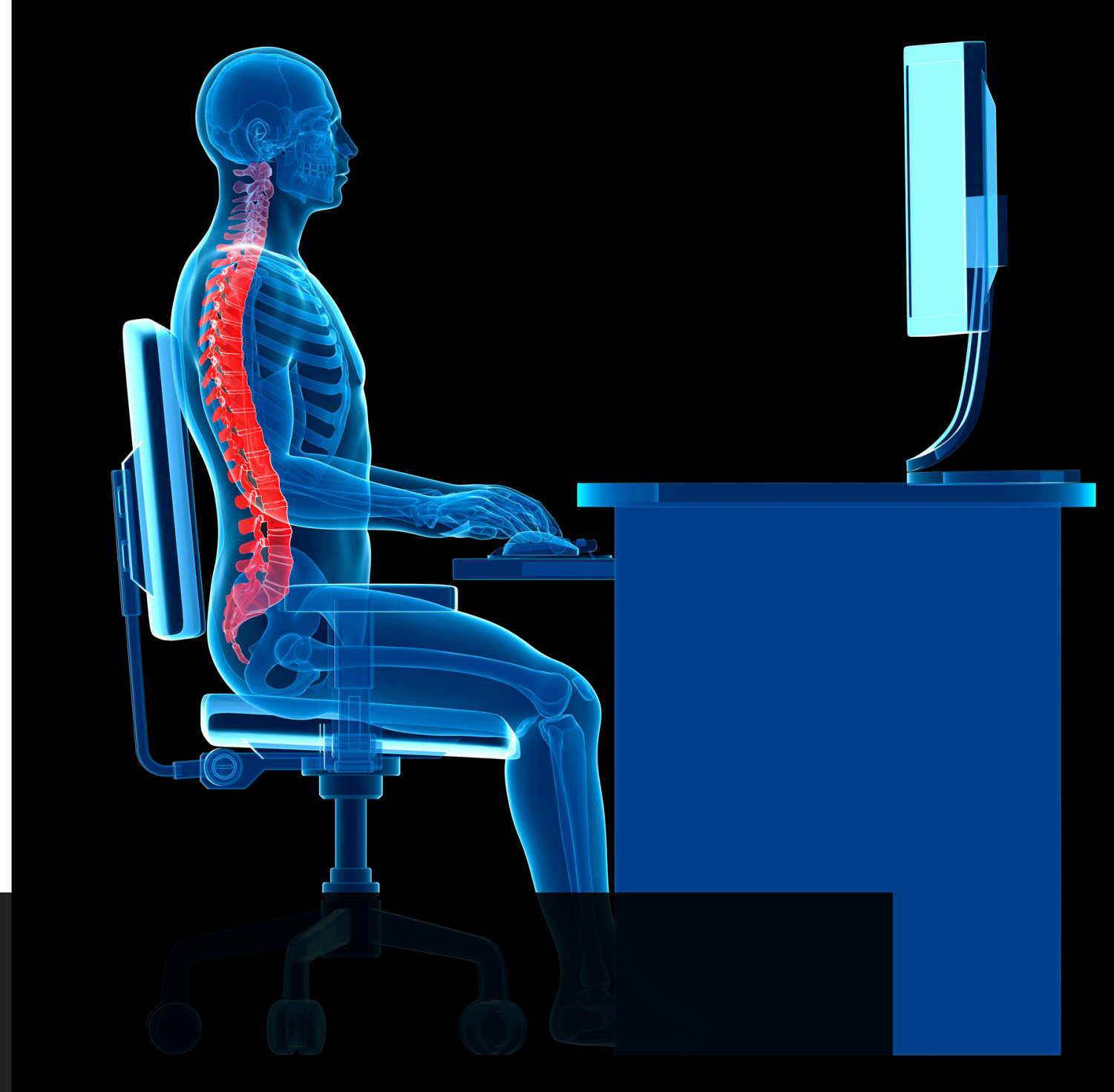




**The next position  
is the best  
position.**



## JUNE - ERGONOMICS

Research shows that there is no single correct working position, hence the saying: "The next position is the best position." However, some positions are more suitable for sitting in for longer periods of time than others. It is about keeping the muscles and joints in neutral positions so that they do not have to work in extreme positions for a long time.

- It is much harder to work with your arms above your head for a long time, compared to working right in front of your body.

Here are some tips for sitting better at your desk:

### Sit better at your desk

#### 1 The next position is the best position

- This means that there is no such thing as the right or wrong sitting position. The key is to vary your day. Jump into our app and become an OfficeFitter:
  - Stand for 1 hour + 30 minutes of moderate activity, such as walking, cycling or stepping.
  - Challenge yourself and your colleagues and see how many days you can be an OfficeFitter in a month.

#### 2 Neutrale stillinger

- Det er hårdt for musklerne at arbejde i leddenes yderpositioner.
  - Fx det er væsentlig hårdere for nakkens muskler at holde hovedet, hvis hovedet er meget fremoverbøjet, som hvis vi kigger ned på en skærm hele dagen.
- Musklerne vil bruge ekstra mange kræfter på at holde hovedet og løfte den tilbage i normal stilling - dette kan give smerter i nakken og hovedpine.
- Det samme gælder for kroppens andre led og muskler - Hop ind på [www.getupppplay.dk](http://www.getupppplay.dk) og se de ergonomiske videoer fra vores samarbejdspartner BeneFit

#### 3 Good rules to remember

- Raise the screen so that you can look straight over the top of it.
- Raise or lower the desk so that your elbows can rest on it.
- Vary your working positions: Stand up every now and then, twist/rotate your back, look up at the ceiling - preferably once an hour."