

## Make Ergonomics Your Routine

### The Right Sitting Posture

If microscopy makes up more than 50% of your working hours, it's important to take precautions to help prevent injuries. "The best posture is the next posture" is a key phrase in ergonomics. This means that good posture is a process—it's not about maintaining one ideal position. When working at your microscope for long hours, you should frequently check and correct your posture, using the principles below as a guide.

#### The Legs



Position your chair so that you can put your feet flat on the floor, and the angle of your knee is just over 90 degrees.

There should be a small space between the back of the knee and the edge of the chair.

#### The Spine



You should have as much contact as possible with the backrest.

This starts with the upper hip bones and the lumbar spine (lower back) and should extend to the thoracic spine (upper back).

#### The Arms



The arms should rest on the armrests and the table, and the angle in the elbow should be over 90 degrees.

The shoulder should be relaxed and able to hang freely. The table and the armrest should not be too high.

#### The Neck



Try to keep your head in line with your spine as much as possible while working at the microscope. Every inch that the head tilts forward causes the neck muscles to work harder, resulting in tension.

Again, make sure that your shoulders are not pulled up or pulled forward, but straight and relaxed.

For more information on the importance of ergonomics in microscopy, please visit: [www.olympus-lifescience.com/en/landing/ergonomic/](https://www.olympus-lifescience.com/en/landing/ergonomic/)

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