



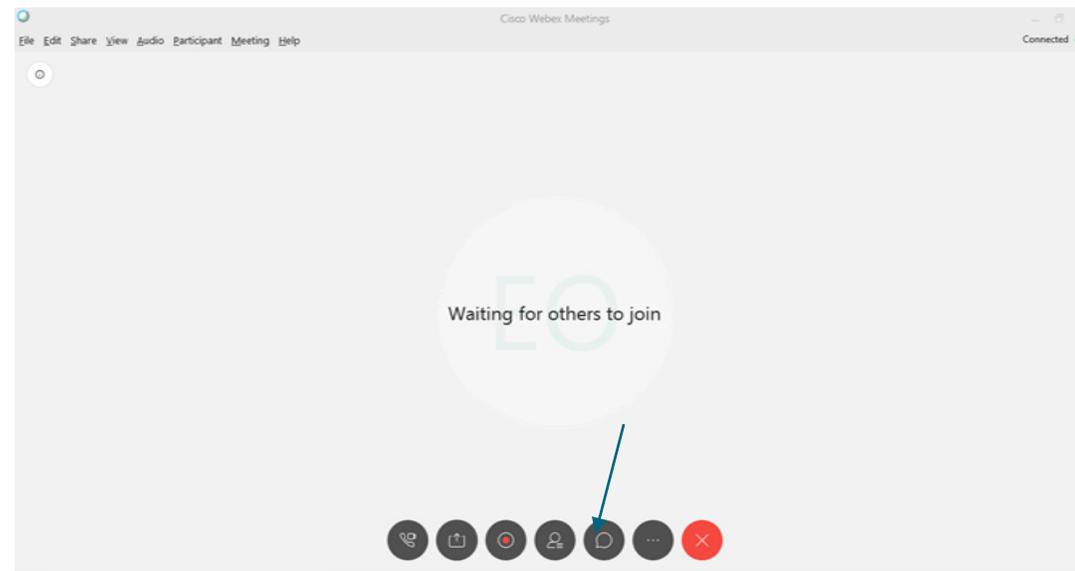
Ergonomics 101 – Posture

Taught by the Harris Health System
Employee Wellness Team

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Class per day. You will not receive credit for Wellness Classes you have already completed. Please allow up to 4 weeks for your points to be reflected on myCigna.com.



Ergonomics 101

Class 1 – Posture

Class 2 – Workstation Basics

Class 3 – Vision & Tech Neck

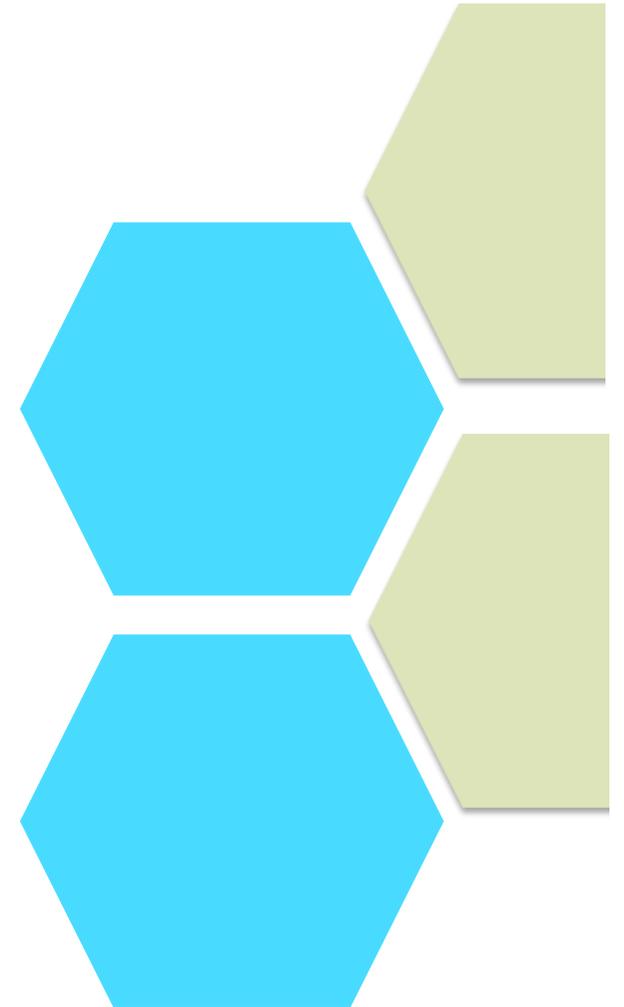
Class 4 – Preventing Repetitive Stress Injuries

Class 5 – Back Injury Prevention

Class 6 – Postural Assessment & Correction

Learning Objectives

- Introduction of the spine
- Where does poor posture lead?
- Maintain the curves
- Benefits of good posture



This is your spine.

This is your spine in neutral posture.



This is your spine after 20 years of poor posture.

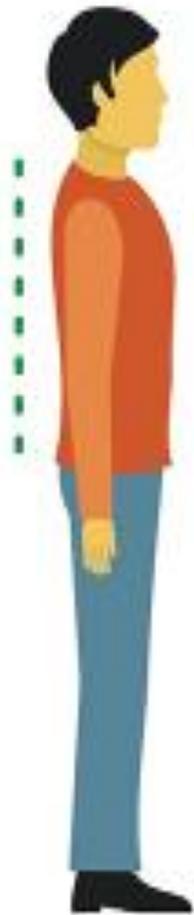


Poor posture can

- Misalign your musculoskeletal system
- Wear away at your spine, making it more prone to injury
- Cause neck, shoulder and back pain
- Decrease flexibility
- Affect balance and risk of falling
- Harder to digest food
- Harder to breathe

Causes of poor posture

- Stress
- Musculoskeletal disorders (MSD's)
- Poor habits over time
- Non-ergo setup
- Tech Neck, i.e. cell phone!
- Prolonged periods of sitting (office/driving)
- Poor sleep posture
- Tight/weak muscles



NORMAL



LORDOSIS



KYPHOSIS



FLAT BACK



SWAY BACK



SCOLIOSIS

Neutral Posture is...

- The position that requires the least amount of muscular activity
- Dynamic Posture
- Static Posture
- Proprioception

*“Stand up straight and realize who you are,
that you tower over your circumstances.”*

- Maya Angelou



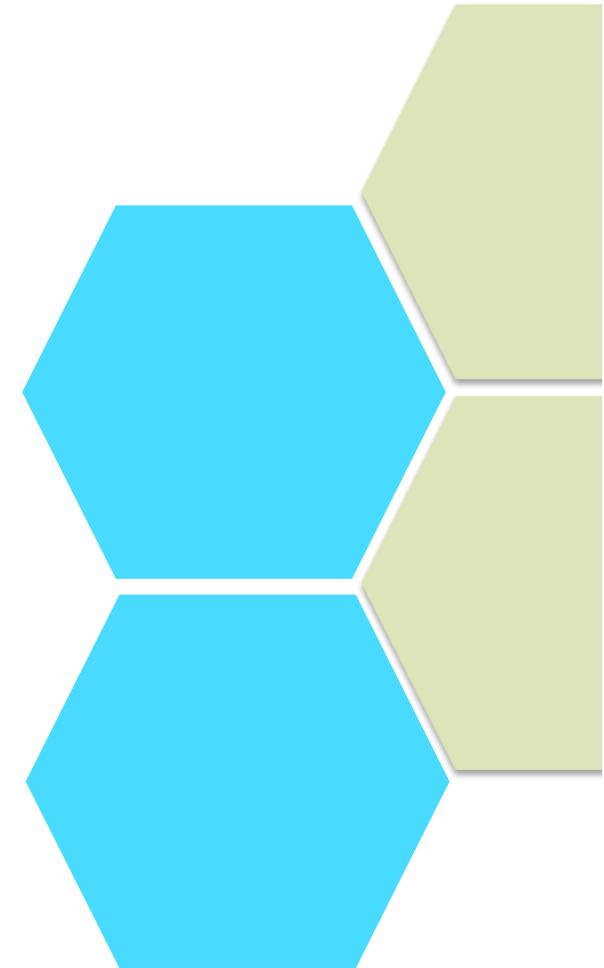
Benefits of Good Posture

- Improved breathing
- Increased circulation
- Improved mood and confidence
- Improved appearance
- Increased quality of life
- Migraine/headache relief
- Increased height!

Activity – grab some wall



Head's up! Poll #1



Thanks for participating!

1. Were you able to get your entire spine on the wall?
2. Were you able to get your arms on the wall?
3. What does this tell you about your posture?

Tips for Establishing Good Posture

1. Be mindful
2. Stay active
3. Maintain a healthy weight
4. Wear comfortable, low-heeled shoes
5. Gently stretch throughout the day
6. Relax your shoulders and be mindful of stress
7. Avoid crossing your legs
8. Take brief walks every hour

“The quickest way to change your emotional state is to change your body” – Tony Robbins

Write Your Ritual

Tips for writing rituals

1. Make them SMART
2. Few at a time
3. Focus on what you want, not what you don't want
4. Create a supportive environment

Writing a Ritual



Write Your “Perfect” Posture Ritual

Examples:

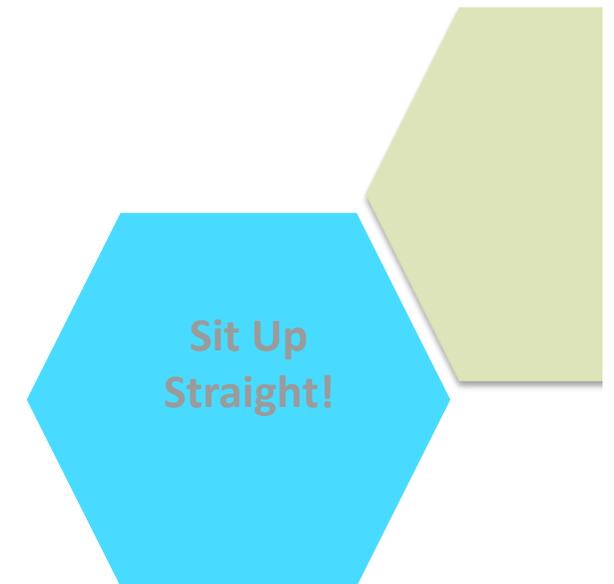
- I will stretch once in the morning and once in the afternoon
- I will practice my posture 3 times during the day
- I will review my office setup to ensure it is encouraging proper posture at least once a month.
- Every time I feel defeated, I will sit up straight

In summary... *“Of all the things you wear, your posture is most important.”*

Define good posture and its benefits

How to establish & maintain

Track your rituals



Ergonomic Evaluation Requests

Requirements:

1. Complete all 6 classes of Ergonomics 101
2. [Complete the Virtual Workstation Evaluation Request Form](#)

Virtual Workstation Evaluation contact:
employeewellness@harrishealth.org

Non-office/Industrial Evaluation contact:
suzanne.young@harrishealth.org

Resources

Ergonomic Resources

- [OSHA eTools for Posture](#)
- [OSHA Workstation Checklist](#)
- [OSHA - Computer Workstations](#)
- [Driving Ergonomics](#)
- [OSHA - Controlling Ergonomic Hazards](#)
- [Postural Correction](#)
- [www.common sense media.org](#)
- [Back Safety for Healthcare](#)
- [Virtual Workstation Evaluation Request Form](#)

Stress Management Resources

Employee Assistance Program

- Online: www.feieap.com,
- 800.638.3327
- Username: hhs

Well Powered Living

Cigna Behavioral Health

- Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
- Call Cigna Behavioral at **800.274.7603**.
- Go to **Cignabehavioral.com** for extra resources.

Coaching

- Telephonic health coaching - 855-246-1873
- Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

HEALTHY@HARRIS

Caring for ourselves so we can care for others

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[Visit our internet site!](#)