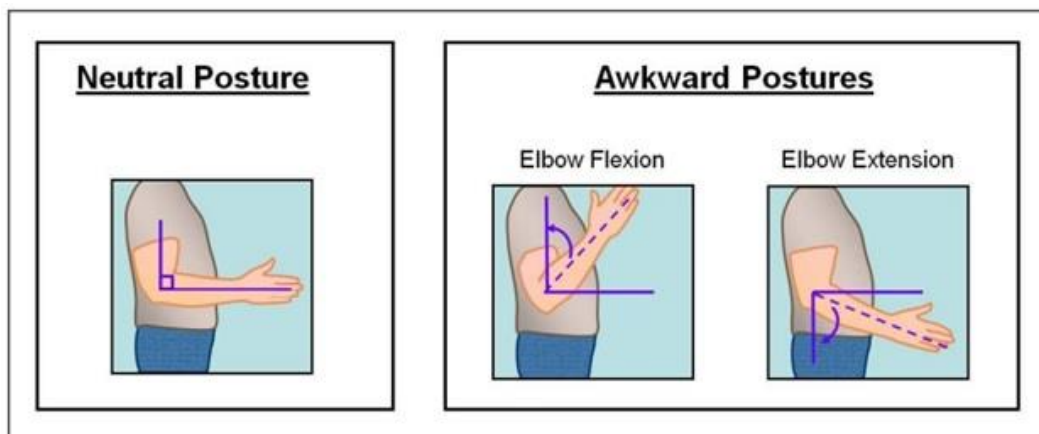
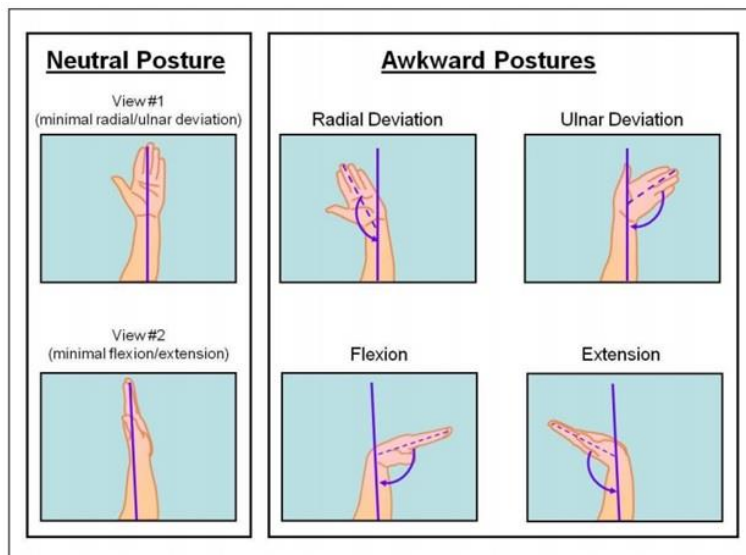


Ergonomics Principle: Maintain Neutral Posture

Neutral postures are postures where the body is aligned and balanced while either sitting or standing, placing minimal stress on the body and keeping joints aligned.

Neutral postures minimize the stress applied to muscles, tendons, nerves and bones and allows for maximum control and force production.



Ergonomics Principle: Maintain Neutral Posture

The opposite of a neutral posture is an “awkward posture.” Awkward postures move away from the neutral posture toward the extremes in range of motion.

This puts more stress on the worker’s musculoskeletal system, is a contributing risk factor for Musculoskeletal Disorders (MSDs), and should be avoided.

