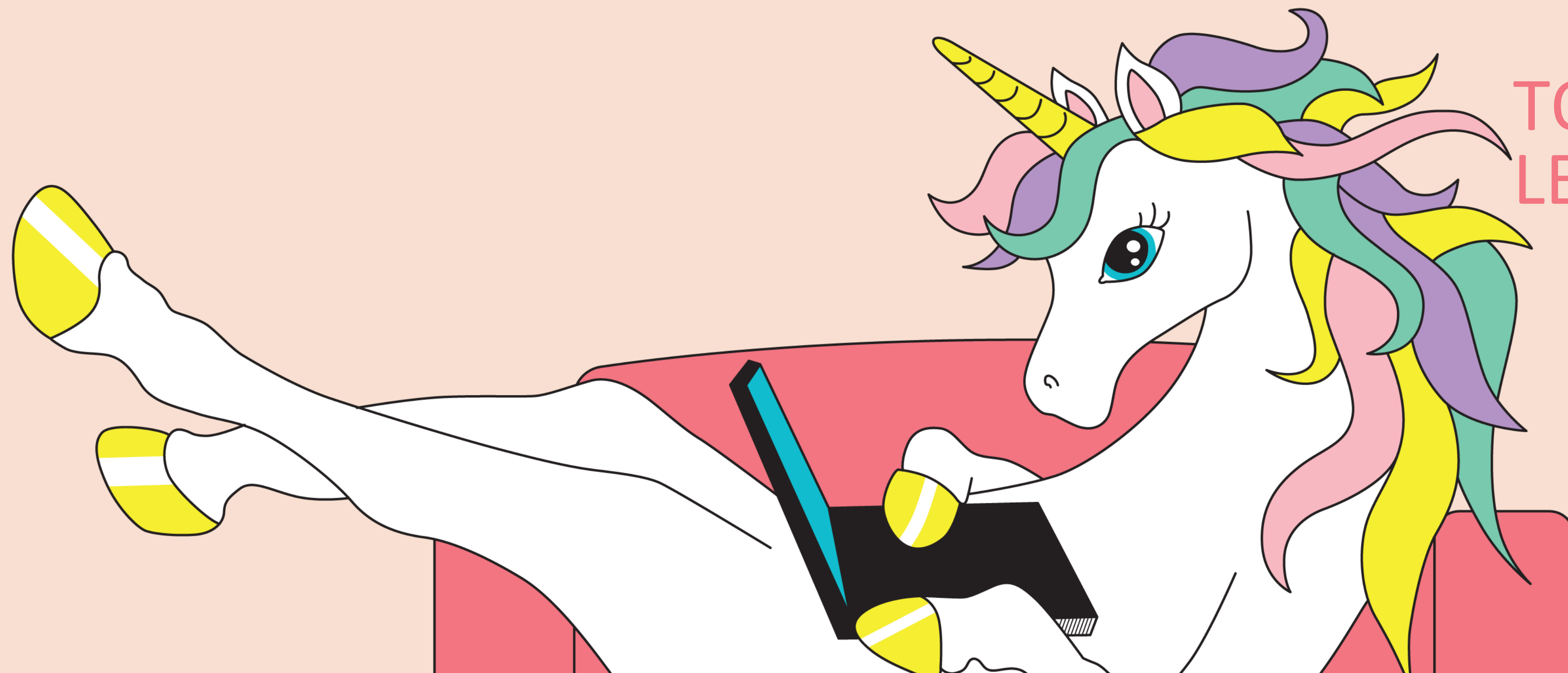




TOMMY WILÉN
LEG. NAPRAPAT

VÅGA SITTA LITE FULT



UTRUSTNING BETEENDE

BETEENDE

VARIATION

”Bästa arbetsposition är
nästa arbetsposition.”







GÅ
SVÄLTA



VARIATION

”Bästa arbetsposition är
nästa arbetsposition.”





UTRUSTNING



BRA UTRUSTNING ARBETSROTATION





Head

Head back,
chin tucked,
Ears, shoulder,
hips aligned.

Neck

Use headphones.
Do not cradle
phone between
head and
shoulder!

Elbows

At sides - slightly
more than 90
degree bend.

Chair

Fully adjustable with
lumbar support in
small of the back.

Eyes

Level with top
1/3 of screen.
18-24"

Document Holder

Adjacent to and at
same height as
monitor.

Keyboard

Same height as elbow
with wrists slightly bent.
Keystroke gently!

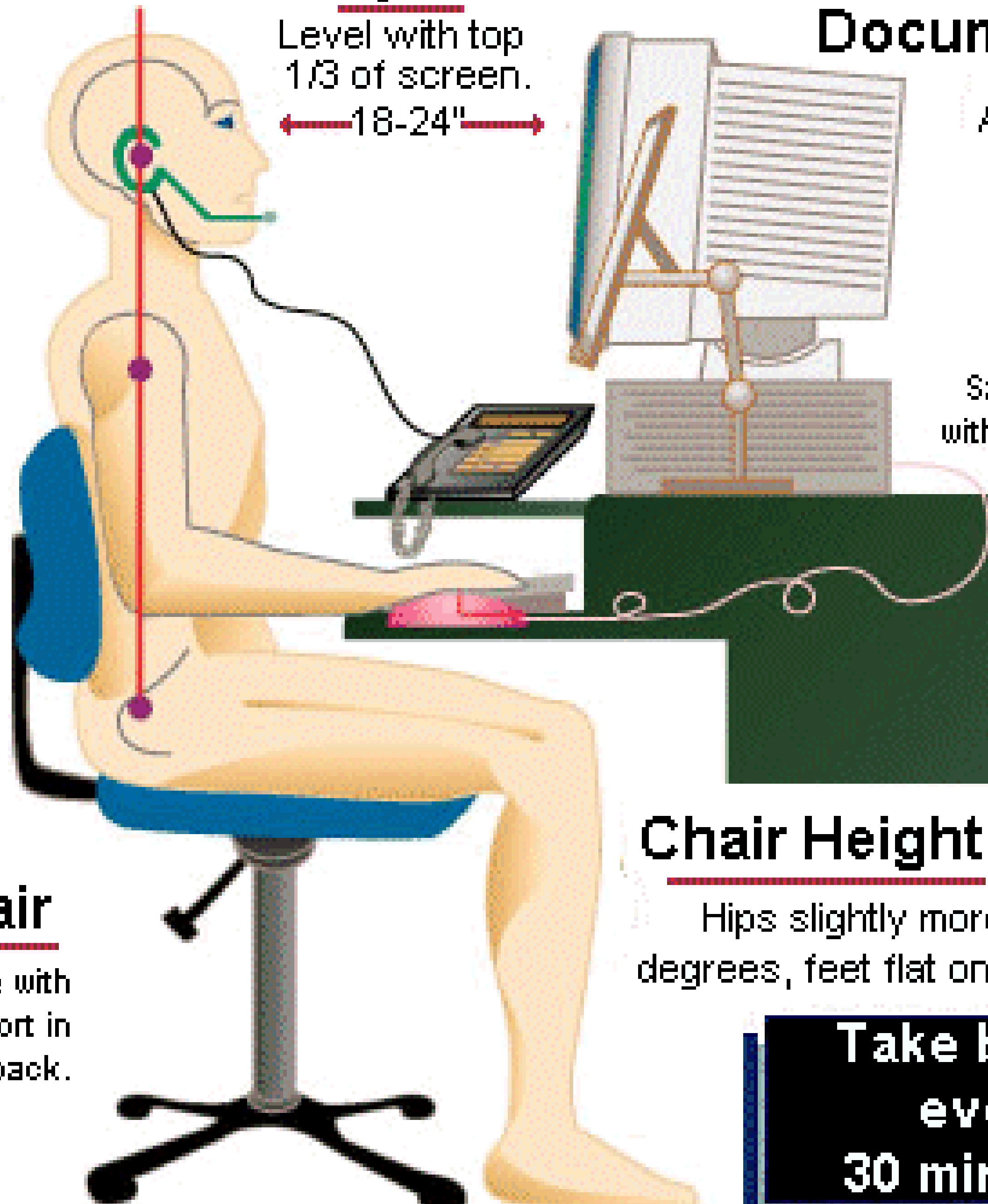
Mouse

Adjacent to and
at same height
as keyboard.

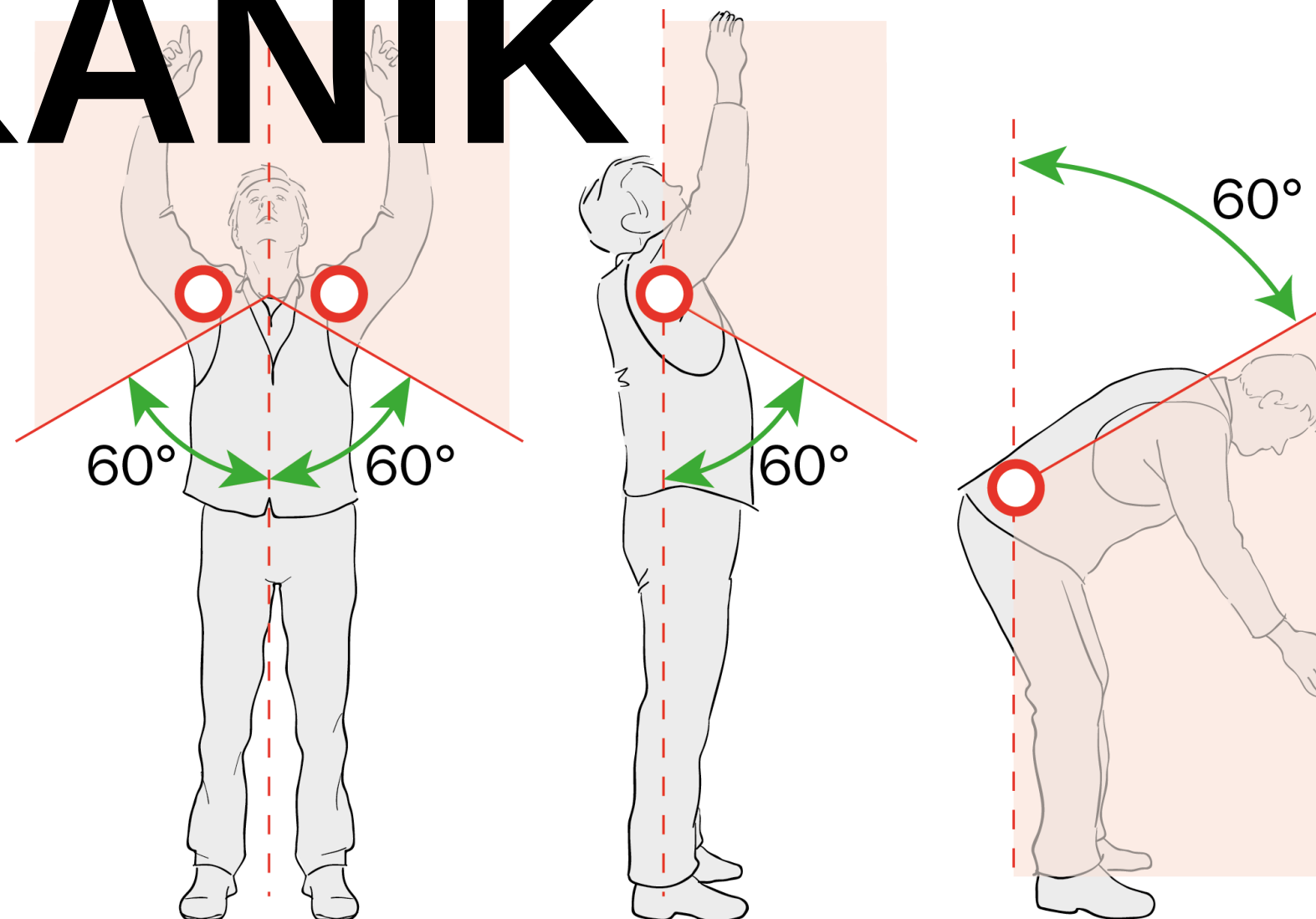
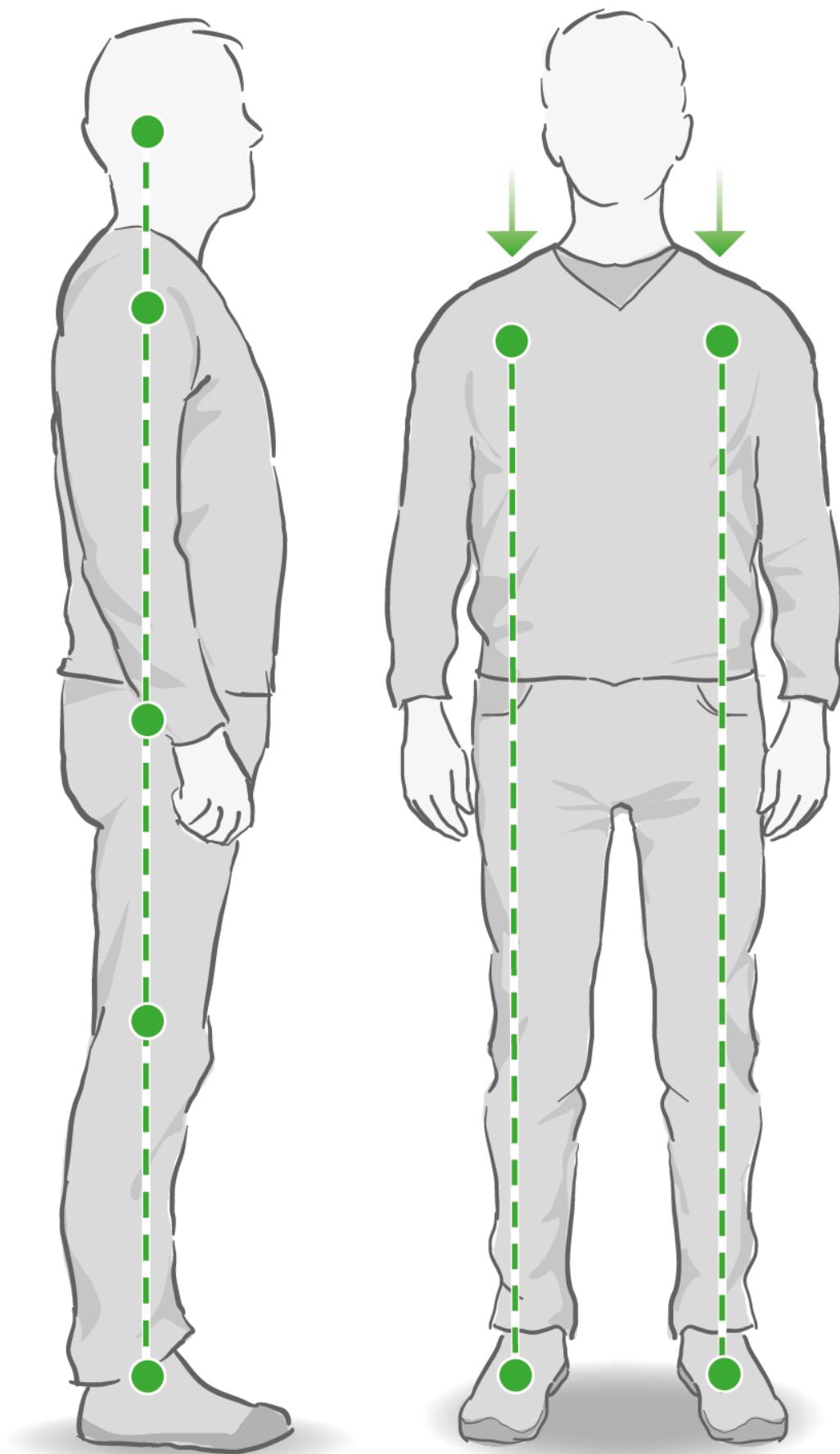
Chair Height

Hips slightly more than 90
degrees, feet flat on the floor

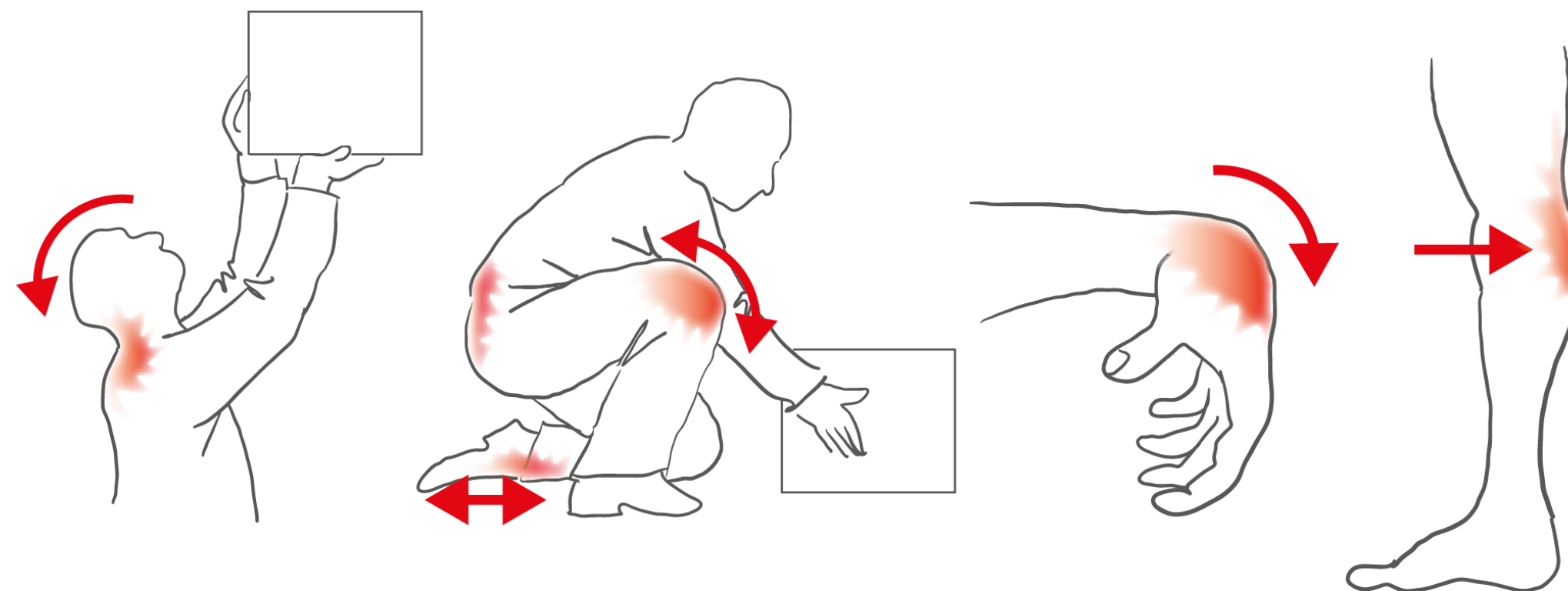
**Take breaks
every
30 minutes!**



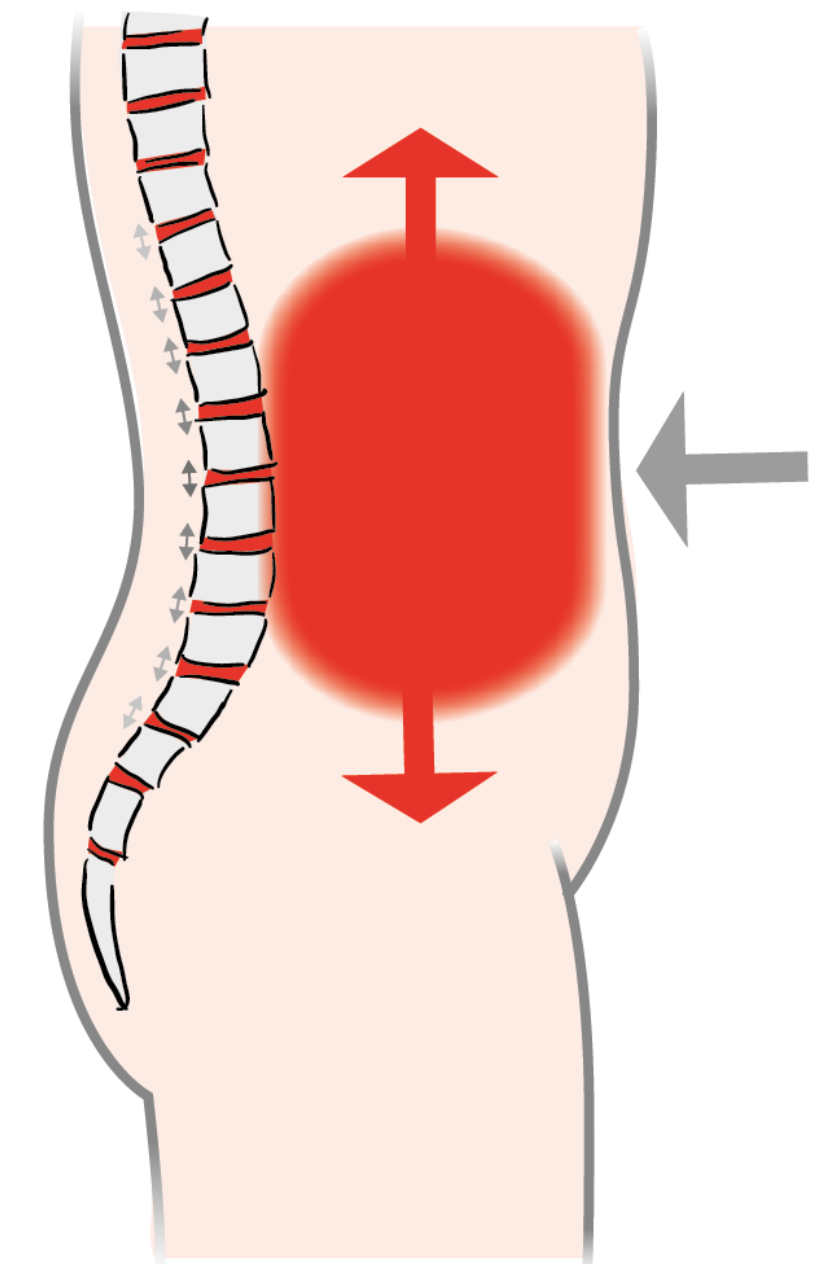
BIOMEKANIK



60 graders vinkel är en viktig "stoppgräns". Vid större vinklar bör du använda hjälpmedel.



Undvik arbetsställningar som är statiska eller belastar ledernas ytterlägen. Det ger dig bara mindre kraft, ökad trötthet och större skaderisk.



Med hjälp av buktryck kan belastningen på ryggradens diskar minskas med upp till 40%.

Head

Head back,
chin tucked,
Ears, shoulder,
hips aligned.

Neck

Use headphones.
Do not cradle
phone between
head and
shoulder!

Elbows

At sides - slightly
more than 90
degree bend.

Chair

Fully adjustable with
lumbar support in
small of the back.

Eyes

Level with top
1/3 of screen.
18-24"

Document Holder

Adjacent to and at
same height as
monitor.

Keyboard

Same height as elbow
with wrists slightly bent.
Keystroke gently!

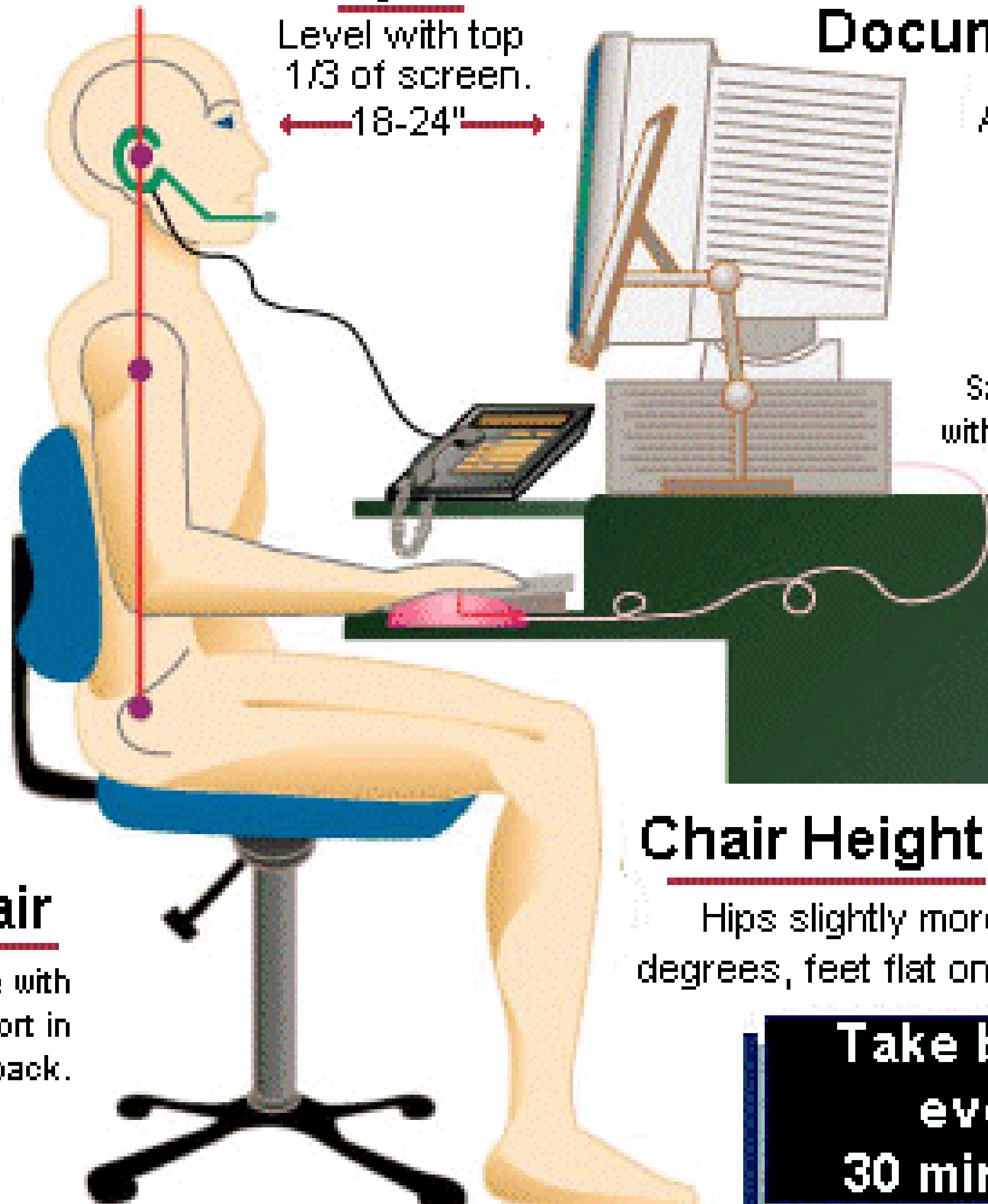
Mouse

Adjacent to and
at same height
as keyboard.

Chair Height

Hips slightly more than 90
degrees, feet flat on the floor

**Take breaks
every
30 minutes!**





Incorrect Posture



Correct Posture





FOKUSERA MER
PÅ BETEENDE



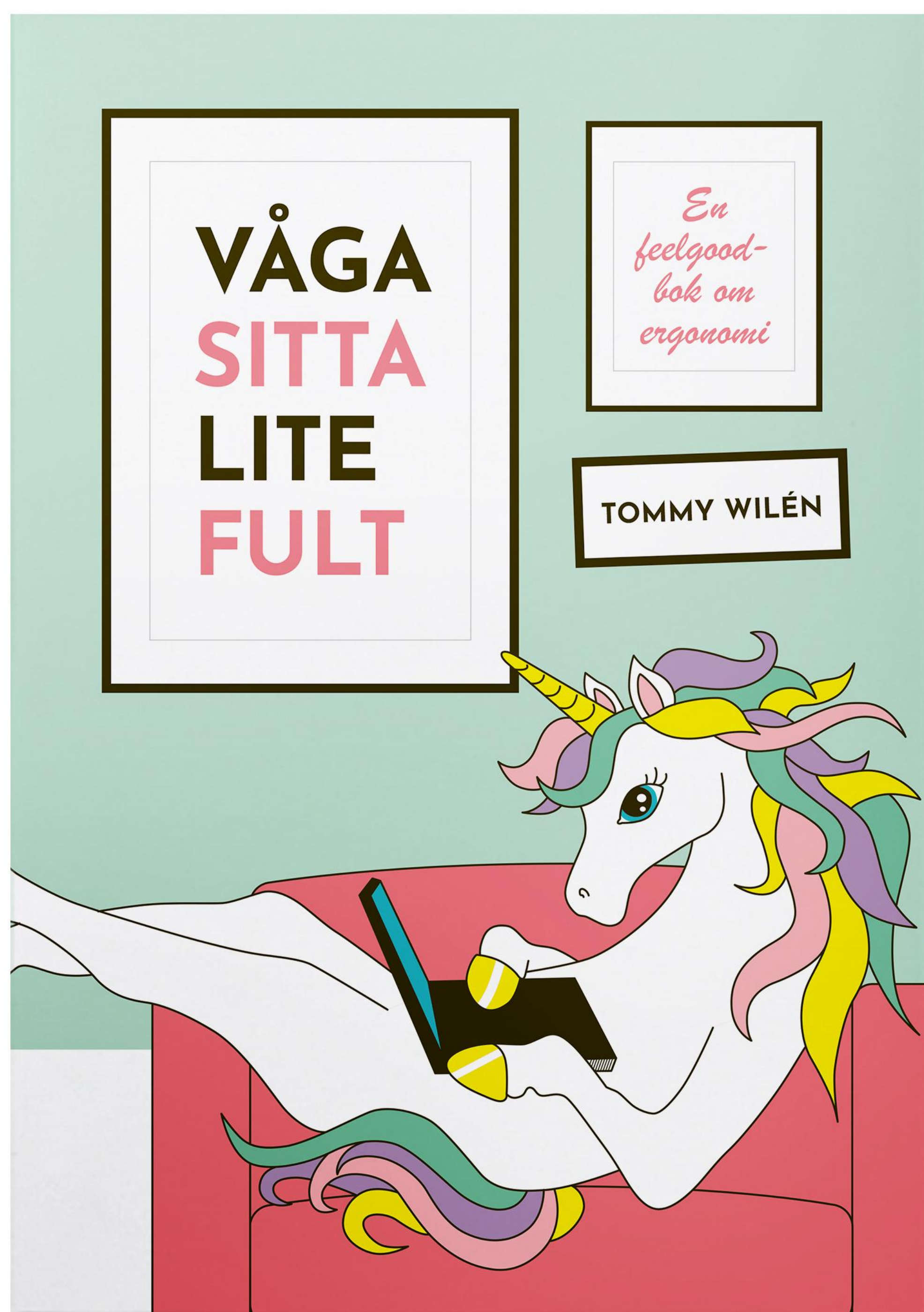


LAB
MINE



VÅGA
SITTA LITE
FULT





TACK!



TOMMY WILÉN
HEJ@TOMMYWILEN.SE