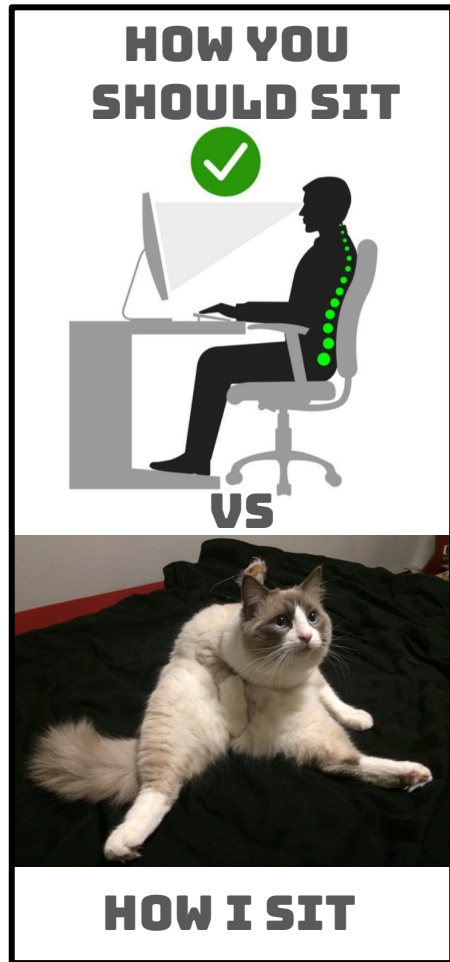Devin

Noah

HOW YOU SHOULD SIT

VS

HOW I SIT

I chose to make this because I find myself sitting in awkward positions all the time and it always leads to my back hurting.
There are many consequences of having bad ergonomics such as back pain or stress. But if you have good ergonomics it can lead to decreased stress improved productivity and an improved posture it also can help with mental health because of that.

I want to learn more about the topic because I do not sit properly when typing. Some consequences of not sitting properly is physical workplace -eye strain when looking at the computer for along time and sitting to close to the computer . Another consequences is sitting to far from the computer.- stretching your arm - reducing productivity(hard to type and typing slowly)
Also another poor ergonomics is not keeping feet flat on the floor. - can have strain or pressure on the spine that can lead to back ache, stiff neck and shoulder and leg pain.