

# Posture Risk Zones: Traffic Light System

Design workstations to keep workers in the green zone

## GREEN ZONE

Neutral Posture

Joints at midpoint  
Balanced muscle load  
Minimal stress

## YELLOW ZONE

Moderate Deviation

Joints partially flexed  
Some muscle strain  
Acceptable briefly

## RED ZONE

Extreme Posture

Joints at end range  
High muscle strain  
Avoid if possible