

Are you sitting comfortably?

Some key tips to safe seating and posture

Have I been sitting too long?

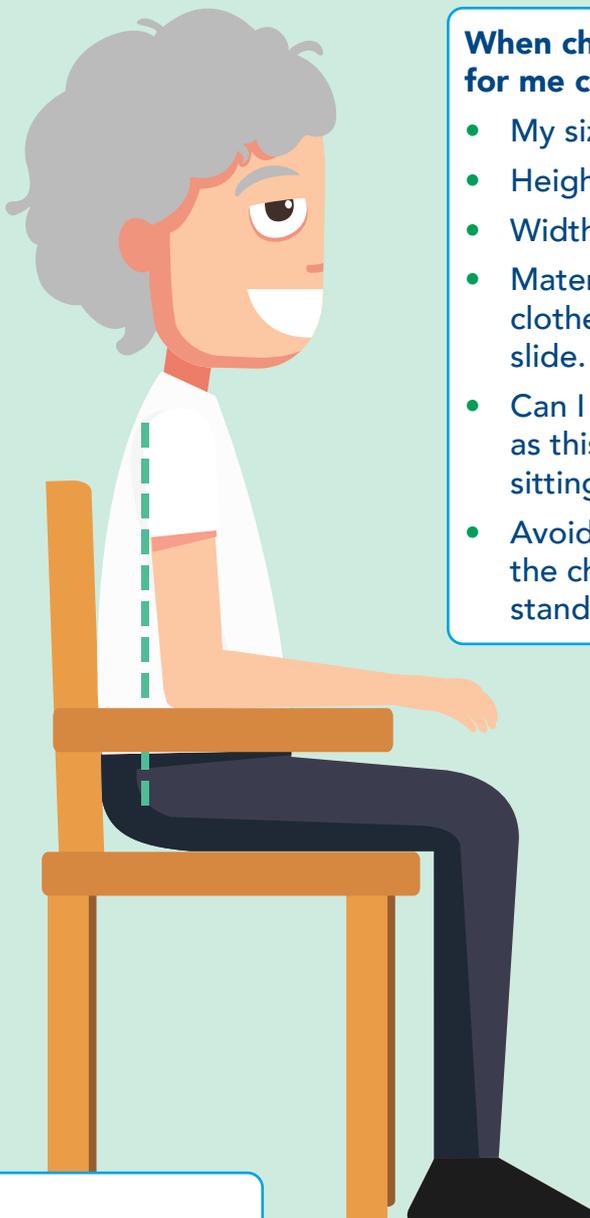
- Encourage me to change my position regularly to ensure I remain comfortable.
- Sedentary behavior (inactivity) is known to be bad for my health.

Ensure chair arms are long enough so that I can push myself up if required.

Is my skin ok?

Remember

- If I need a pressure relieving cushion this may affect my position in the chair, potentially affecting my stability and arm power.



When choosing a chair for me consider:-

- My size and shape.
- Height of chair.
- Width of chair.
- Material of chair and my clothes as this may cause me to slide.
- Can I sit on the edge of my bed as this indicates I have good sitting balance for a chair?
- Avoid chairs with castors as the chair may move when I am standing up/sitting down.

Am I in the correct position?

- Do I look comfortable?
- Am I well supported?
- Is my bottom right back in the chair?
- Are my hips and knees not too bent? aim for 90°.

Can I get my feet flat on the floor?

- If not my chair is too tall and could lead to problems.

If I cannot maintain a safe position in my chair or you are concerned then please consider referral to your local OT service who can carry out a specialist seating assessment.