



TOP TIPS

Bad Backs offers these simple tips to reduce the risk of back problems.

- ▀ **Listen to your back:** pain is a warning sign. If what you're doing hurts, stop – don't try to push through the pain.
- ▀ **Straighten up:** don't slump in your chair or hunch over a workbench. Instead, imagine there is an invisible cord from the top of your head to the ceiling lifting you into a tall, relaxed posture.
- ▀ **Get moving:** get up every two hours at least and do some activity. To help keep the muscles that support your back strong and flexible they need to move!

Find further information on avoiding back pain at www.badbacks.com.au

SITTING PRETTY

When it comes to fitting out the office there are two points of view. The first follows that old maxim 'dress to suit the part', which calls for a prosperous and successful look; the other has more to do with saving money than spending it, so non-essentials seem an extravagance. Furnish for comfort to suit your individual taste, but be sure to get the best chair you can afford. Australian ergonomist Mark Dorhman says lots of chairs are labelled as 'ergonomic', but they're not. He says the best sort are the standard clerical-type office chairs, not the large, high-backed reclining ones which some people mistakenly think are guaranteed to be comfortable.

The perfect office ergonomic chair from Jobri is designed with input from medical professionals so it reduces stress during sitting and provides all the crucial ergonomic adjustments. Available from Bad Backs.



Quirky helpers from Koziol bring a little fun to the desktop. From top left there's Dimitri to hold CDs, Clark the stapler, Curly the paperclip dispenser, Neil who holds the USB cable, Edward the scissor keeper, and in the centre is Elvis the tape dispenser.