

Working at Low Levels

When working at low levels for extended periods of time, use positions that keep all parts of your body as comfortable as possible. Alternate between different postures frequently and stand up and stretch whenever you get a chance.



Half kneeling is a better option than kneeling on both knees or squatting.



When sitting on low stools or chairs, keeping your knees wide apart helps you to keep your back in a good position when you lean forward.



Disclaimer: This information is of a general nature only and does not constitute advice. Novita Children's Services makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's or carer's particular circumstances. You should seek professional advice before acting or relying on the information.