

# This is the standard posture when sitting on a computer

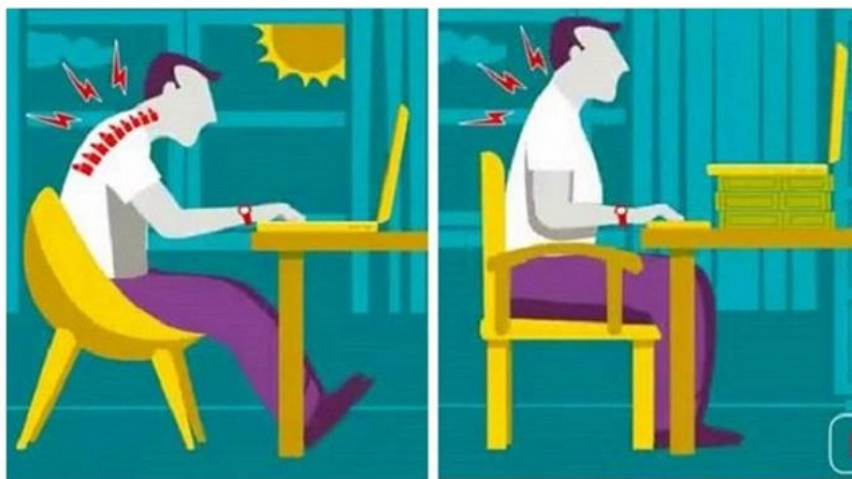
Correcting the computer sitting posture right from now on will help you reduce the risk of serious bone and joint diseases as well as having a straight back plate as desired.

Computers are playing an increasingly important role in both work and life, but for this reason we are getting quite a lot of bad habits, one of which is sitting in the wrong position. This habit, if maintained for a long time, will cause you a lot of trouble, especially about health. Many studies show that **people who sit too long in front of a computer have the ability to reduce vision, headaches, and damaged joints leading to back pain, shoulder pain, even loss of feeling . craving for food bored and often skip meals .** So now start adjusting your computer posture, not only for you but also other family members.

## Video tutorials sit the most standard computer posture

### What is a standard computer posture?

Due to differences in height, working environment as well as other external conditions, it is difficult to identify an absolute standard posture. However, you can change your computer sitting position so that **when you put your hand on the keystroke, the arm will form a square crank at the elbow.** At the same time, **adjust the height of the chair so that the heel and knee are most comfortable, the weight is focused on both the foot and the back straight throughout the process.**



Tư thế ngồi sai

Tư thế ngồi đúng

For those who use lap top and work for hours, use a separate mouse and keyboard. This will help you feel more comfortable and easier to move, instead of having to move closer to the computer. At the same time, there should be time to relax and practice gentle exercises to relax the body.



Tư thế ngồi sai

Tư thế ngồi đúng

Now you've got the computer sitting posture right. Practice to have a straight back and stay healthy. Don't forget to support the article and update **TipsMake.com** to always get good tips both at work and in life.

You finished reading the article "**This is the standard posture when sitting on a computer**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.