



STANDING: Working Guidelines

- ▶ Precision Work – above elbow height
- ▶ Light Work – just below elbow height
- ▶ Heavy Work – 4-6 inches below elbow height

Physical and occupational therapists have experience working with patients to improve posture and ergonomics. Some clinics have therapists that go into the workplace and arrange a patient's workplace, making it ergonomically efficient. For more information or to find a therapist near you