

Bad posture in the office can cause spinal lesions

辦公坐姿不良 當心脊椎病變

Many office workers or computer users spend a lot of time working sitting down. Over time, this can cause back pains and spinal lesions. This can be caused by the use of inappropriate use of office chairs. Only sitting on the edge of the chair, **leaning** on the back rest with the lower back, and **tensing** the shoulders to use the keyboard are all wrong. Learning how to use the office chair correctly and how to adjust the **posture** can diminish the work load but double efficiency.

Recent domestic medical statistics show that osteophytes no longer only occur in old and middle aged people. It is gradually beginning to appear in people just past 20, in particular among those who work long hours with a bad sitting posture or who long have used an inappropriate chair. This can easily cause lower back or back pains, spinal lesions or sciatica.

Aurora Furniture sales manager Hsu Shu-ching says many people habitually sit only on the front third of the seat, place their bag behind their back, only sit on the edge of the chair or buy a cushion to put behind the back in the belief that this will relieve pain, but this is wrong. Hsu says that office chairs should be handled in the same way as car drivers adjust their seats to give the most suitable driving position to be able to drive without being tired.

Hsu also says first of all, to gain a comfortable posture that releases pressure, one must sit on the whole seat, so that the buttocks and the lower back touch the seat and the back rest. Secondly, when sitting on the whole seat, the chair should be adjusted to an appropriate height: Both feet should rest on the ground and the angle at the knee should be slightly more than 90°.

She says that if the chair has **adjustable** arm rests, they should be adjusted so that the arms can rest on the desk without any effort to be able to use the keyboard for a long time without pain in the hands. If the armrests are too high or too low, one must use force at the shoulders and after a while that may lead to fatigue, pain or stiffness.

Hsu also says that when businesses or private individuals buy a desk and a chair, they should — budget allowing — choose a chair with a head rest to support the neck. The back rest should rise to shoulder height to give full support to the back. In addition, they must try the chair before the purchase, and test the flexibility of the seat upholstery to choose the chair most suitable to them.

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Above: Adjust arm rest height to an appropriate position so that the arms naturally reach down to the keyboard. The arms should hang in the air, and shoulders should not be lifted and tensed.

Bottom right: Sit on the whole seat and with the back snug to the back rest, and then adjust the seat height so that the feet rest flatly on the floor while the angle should be slightly more than 90° at the knees.

Bottom left: The head rest is supposed to support the neck. It should be level with the neck, not the head. PHOTOS: CHIU SHAO-WEN, LIBERTY TIMES

上圖：調整扶手高度至適當位置，讓雙手可自然垂下敲打鍵盤，若雙手騰空或聳肩代表高度不對。
下圖右：椅子坐滿，背部完全符合椅背，調整坐椅高度，使膝蓋與地面呈稍大於九十度的角度，讓雙腳能平放地面。
下圖左：頭枕目的在支撐頸部，頭枕位置應與頸部同高，而非頭部。

照片：自由時報記者邱紹雯攝

許多上班族或電腦族長時間久坐工作，日積月累造成腰痠背痛、脊椎病變，追究原因可能是辦公椅使用不當惹的禍，包括椅子只坐前緣、腰靠背枕、聳肩敲鍵盤等皆是錯誤觀念，學習正確使用辦公椅，調整正確坐姿，可讓工作事半功倍。

近來國內醫療機構統計發現，骨刺已非中老年人的專利，現在逐漸好發於二十多歲的年輕族群，特別是上班族長時間工作，坐姿不良，或是久坐一張不適當的座椅，都容易造成腰痠背痛、脊椎病變或坐骨神經痛。

震旦家具行銷部經理許淑清說，不少人坐辦公椅習慣只坐椅墊前緣的三分之一，或將包包放背後，只坐前端，或自己買靠墊擺放背後，以為能紓解痠痛，事實上都是錯誤觀念。「如同駕駛人開車一般，應調整座椅至適合駕駛的姿勢乘坐，才能使開車不易疲勞」，坐辦公椅也是同樣道理。

許淑清說，辦公椅首先必須「滿坐」，讓屁股與腰背完全服貼椅子，才能達到舒適減壓的功能。其次，滿坐在辦公椅上時，可根據個人身高，利用氣壓升降將座椅調整到適當高度，主要使膝蓋與地面成稍大於九十度的角度，讓雙腳能舒服平放在地面。

她說，如果辦公椅有可調式扶手，也要調整，原則上使肩膀及上臂能自然下垂擺放而不費力，長時間敲打電腦鍵盤不致手痠；無論調太高、太低都會使肩膀呈現出力狀態，坐久容易疲勞痠痛或僵硬。

許淑清建議，企業或民衆選購居家書桌座椅，如果預算足夠，可選擇有頭靠的座椅，有支撐頸椎的功能，椅背要達肩膀的高度，才能完全支撐整個背部的力量，而且選購前一定要試坐，用手觸摸椅墊的泡棉彈性，挑選最適合自己的座椅。

(自由時報記者邱紹雯)



TODAY'S WORDS 今日單字

1. **lean** /lin/ v.
靠 (kao4)

例: The first time I met Damon, he was leaning on a lamppost smoking a cigarette.
(我第一次見到達蒙時，他正倚著燈柱抽菸。)

2. **tense** /tens/ v.
使緊繃 (shi2 jin3 beng1)

例: The doctor said Marshall's back pain was caused by him tensing his shoulder muscles too often.
(醫生說馬歇爾的背痛起因於肩膀肌肉持續緊繃。)

3. **posture** /'pastʃə/ n.
姿勢 (zi1 shi4)

例: People with bad posture often develop back pain.
(姿勢不良的人常常會背痛。)

4. **adjustable** /ə'dʒʌstəbl/ adj.
可調整的 (ke3 tiaoz zheng3 de5)

例: It's a good idea to get a chair with an adjustable headrest.
(買張有可調式靠枕的椅子是個好主意。)