

## Seating and Posture

A good seating position aids stability and concentration enabling pupils to work to the best of their ability.

Provide tables and chairs of the correct height:

- Tables should be half pupils height.
- Chairs should be a third of the pupil's height and tucked under the table.
- Swap furniture from another classroom if necessary.
- Height adjustable furniture can be moved with the pupil and adjusted as necessary.

Ensure correct seating position for all activities at a table:

- Feet flat on the floor – use feet support if necessary.
- Bottom well back in the chair.
- Back straight
- Head up and in the midline.

Children with hemiplegia may need space on table to rest weaker hand or hold onto something for support.

Ensure paper is positioned at correct angle. 'Dycem' mats can be used to keep work steady.

Remember 3 right angles – ankles, knees and hips.



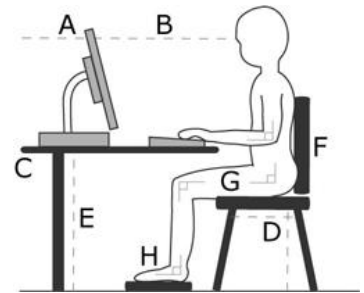
***Remember good sitting***

Use easily available simple equipment to aid seating and good posture:

- A telephone directory wrapped with tape, large books, desk trays etc can be used to make sure feet are fixed and flat.
- Wedge cushions can encourage an upright position.
- A sloping board for writing or a lap top can support good posture and so assist with handwriting.

### **Remember good seating is also vital for computer work.**

- The top of the screen should be at eye-level.
- The top of the screen should be 45cm -60cm from the eyes.
- Any exposed edges need to be well rounded.
- Ideally chairs should be height adjustable with a 90° angle between the seat and backrest.
- Table and chair height should create a position where the elbows are at 90° angles and are supported.
- Chairs should provide adequate lumbar support.
- Ideally, hips knees and ankles should be at an angle of 90°.
- The whole foot should rest on the floor or foot rest if necessary.
- Forearm should be horizontal to the floor with elbow, wrist and fingertips in a straight line to the top of the mouse.



### **Promote good sitting on the carpet.**

Pupils with any mobility difficulties may need additional support when sitting on the carpet.

- Seek advice from an Occupational or Physio Therapists.
- Allow pupil to sit against support for example bookcase, table or wall.
- Discourage W sitting.
- Be aware that cross legged sitting may be difficult.

### **Further information**

[http://www.ekhufft.nhs.uk/EasysiteWeb/getresource.axd?AssetID=97580&filename=/A-Z\\_Posture\\_Booklet-v5c-pages-web.pdf](http://www.ekhufft.nhs.uk/EasysiteWeb/getresource.axd?AssetID=97580&filename=/A-Z_Posture_Booklet-v5c-pages-web.pdf)