



## The working postures among schoolchildren--a controlled intervention study on the effects of newly designed workstations.

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Abstract: School workstations are often inappropriate in not offering an optimal sitting posture. The aim of this study was to investigate the effects of individually adjustable saddle-type chairs with wheels and desks with comfort curve and arm support on schoolchildren's working postures compared to conventional workstations. Ninety-seven participants aged 12-16 years were followed for 1 year, 47 at an intervention school and 50 at a control school. Anthropometrics and workstation dimensions were measured and working postures analyzed for a part of each group (n = 21, both groups) by means of video recording at baseline, before new workstations were introduced, and during follow-up. There was a significant increase in upright back (p= .012) and neck (p= .019) postures in the intervention group compared to controls during follow-up. The saddle-type chairs allowed significantly greater trunk-thigh angles (p

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