

# Sit to Write

Forearms placed on the table reduces the chance of slouching or hunching.

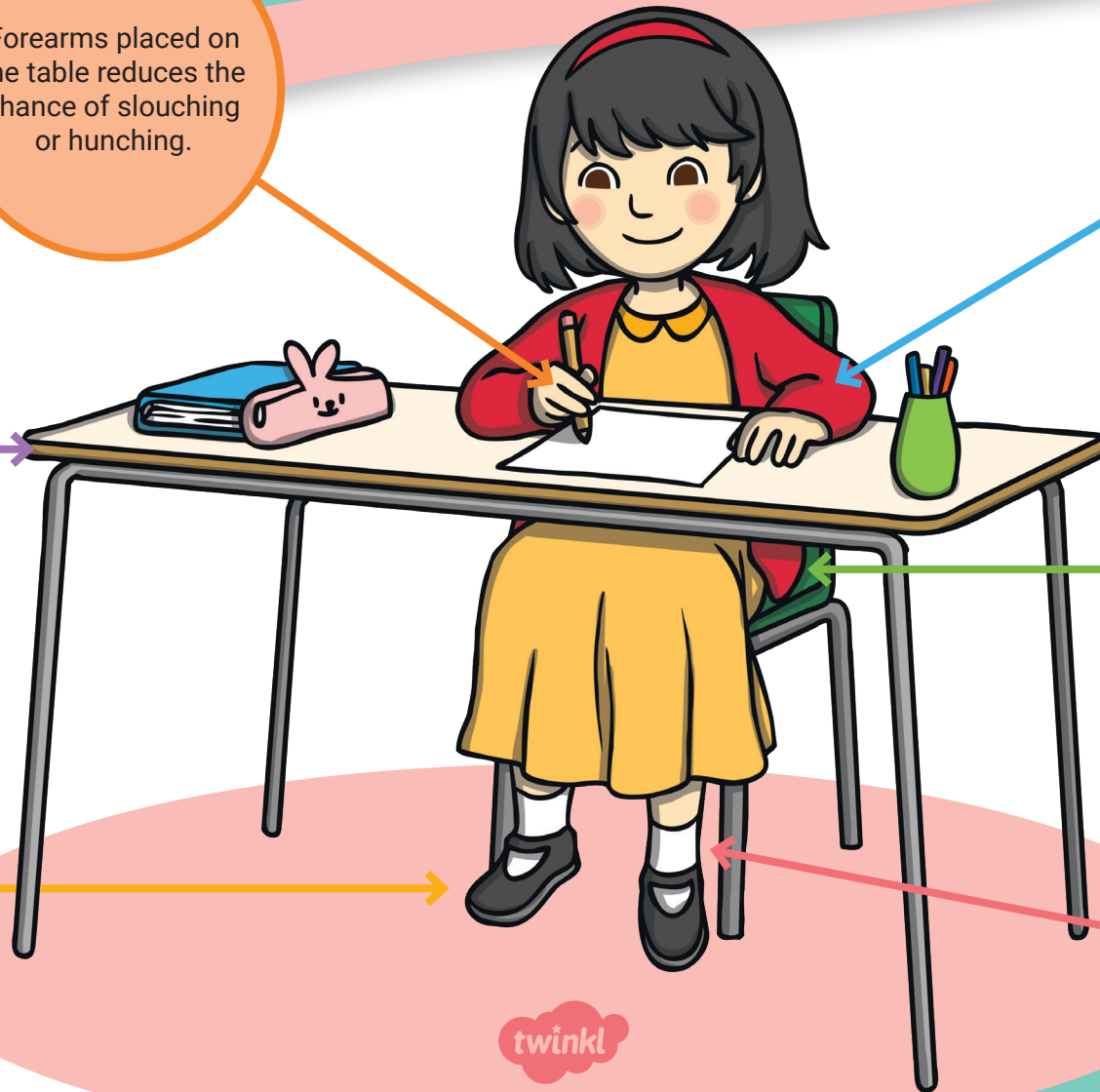
There is space for the non-dominant hand to be positioned on the table in order to stabilise work during writing tasks.

Table is in line with the core at approximately waist height.

Lower back is in contact with the back of the chair.

Feet (heels) are in contact with a surface.

Legs are tucked under the table.



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