

6 QUICK TIPS FOR PROPER POSTURE



Being a court reporter is no easy task. You spend long hours with a focused intensity as you work. If proper precautions aren't taken, it can be easy to develop some painful problems. For some stenographers, the issues get so bad that they have to turn down work to get healthy. At Stenograph, we are dedicated to making sure that you have the tools - and knowledge - necessary to have a long, fulfilling, and comfortable career. Here are the top six posture tips a stenographer should keep in mind to help avoid unnecessary strain:



ALL ABOUT ALIGNMENT

The key here is to avoid an awkward lean in your seat. Be mindful of slumping or tilting your head or leaning more to one side for extended periods of time. These positions can do a number on your neck and back. Get comfortable in your chair, and keep your body aligned and relaxed.



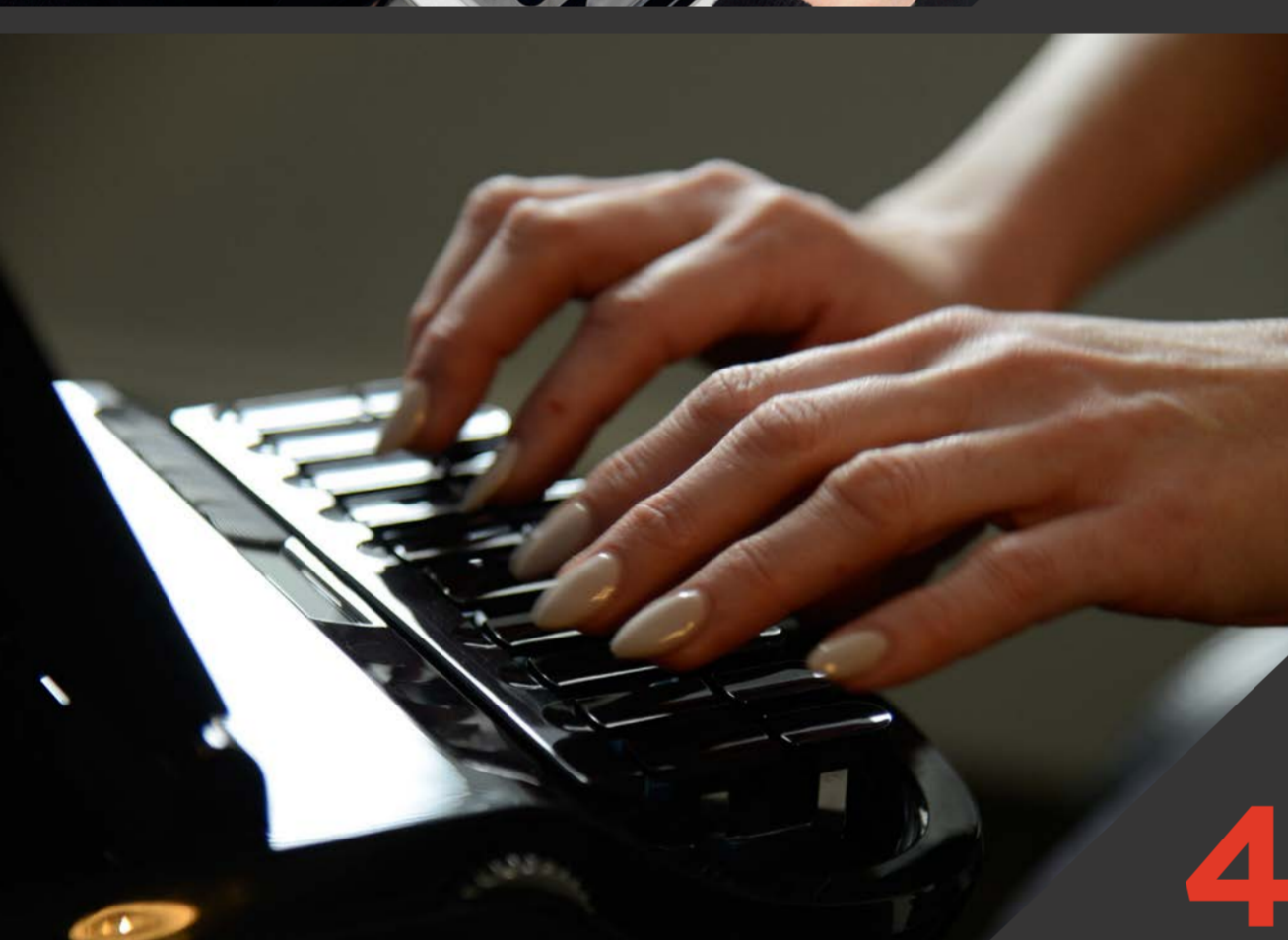
ELBOW GREASE

Your elbows should always be at a 90-degree angle with your arms hanging in a relaxed position. Never hunch your shoulders or splay your arms out wide.



KEY ELEMENTS

The keyboard makes a huge difference. Find one that allows you to make adjustments perfectly suited to your writing needs. The Luminox lets you customize both the depth of stroke and key tension, and the tripod has built-in tilt action so that it can be easily set at an angle that's right for you.



WRIST ACTION

When it comes to writing, let your wrists hover, and keep them relaxed and mobile. This can protect against making your fingers do all the work. Try not to let your wrists settle while you're writing, which can produce undue stress on your hands by forcing you to reach for keys at odd angles.

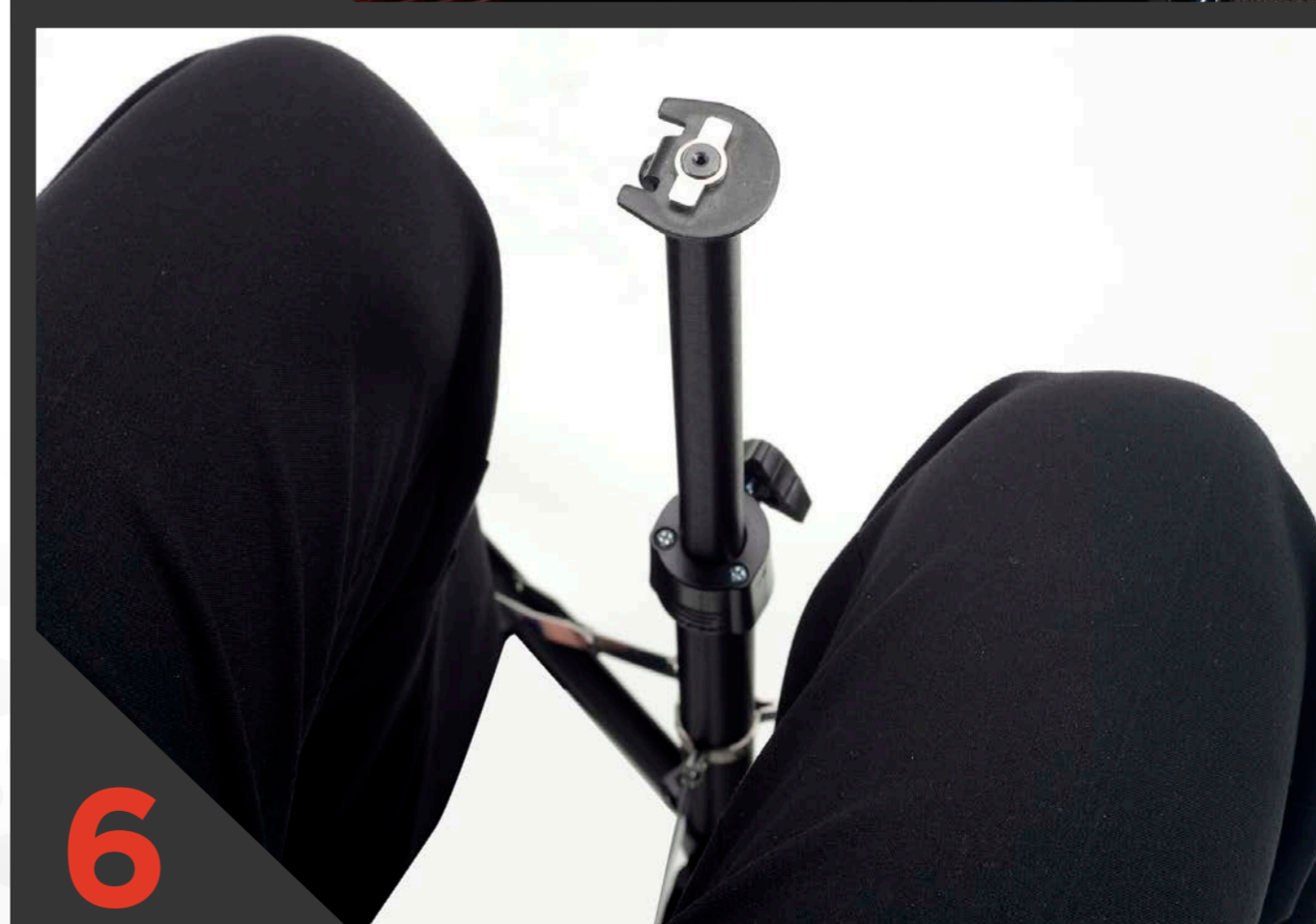
CHAIR CHOICES

Make sure your seat height can be adjusted so that your legs have room to rest in front of you. If possible, try to avoid arm rests that prevent your arms from hanging in a natural position.



LEG ROOM

Sit with your legs at a 90-degree angle and your feet flat on the floor. Resist the urge to tuck them beneath you.



Stenograph has been a trusted leader in the industry for more than 80 years.



And it's because we care about our customers. The Luminox is the latest in a long line of products geared towards improving the lives of stenographers everywhere. Weighing in at just 3.5 pounds and featuring the ability to customize the touch and feel to your specific needs, the Luminox is easy to carry and easy to use. Experience less exertion and fatigue with shorter, smoother strokes that leave you feeling better at the end of the day.

To learn more, visit www.stenograph.com