

Name : _____

Date: _____

Correct Posture

Fill in the blanks with the correct answer.

1. A posture is _____. (position in which you hold your body while standing, sitting or lying down / an application you see on the monitor screen)
2. Our backs should be _____ when we sit on a chair. (curved / straight)
3. The monitor should be at your _____ level. (nose / eye)
4. The screen of the monitor should be atleast _____ away from your eye. (2 feet / 0 feet)
5. We should adjust our _____ before sitting in front of the computer. (books / chair)

Choose the correct posture of sitting on a chair.

