POSTURE

Posture is the way one's body is positioned while doing a work. One's posture may be good or bad. It is easy to know a good posture, as it is that a good posture would emphasize one's balance and convenience. It would make it possible for the person to work more efficiently and in longer time.

The body has parts; all these parts are joined together at points called joints. When we pose to do work we are actually moving out joints, as such when posing to do work we ought to consider how our joints are positioned. For example, you don't walk bent as it is that such posture is not friendly with the hip joint.

Also the mass of the body rests basically on the hips whilst the legs help the hip to carry the body's weight. As such when posing we ought to have our legs firm and briefly opened. In the same pattern, the main weight of the body ought to be carried straight up i.e. erect or rested on a surface whilst resting.