

Interviews & Observations



Out of four hours of observation at the university library media room, the observed participant took only three breaks where his posture was changed.



Posture Analysis

PostureZone and 3DSSP programs were used to model and analyze observed postures from several participants over a four hour period of observation. The two postures most commonly observed were that of slouching and hunching forward. Analysis showed that these postures held for hours at a time can lead to pressure on the lower back and knees, and compression on the L5 lumbar with low stability for users.

