

Posture Video Transcript, February 2021

MC:

It's Mike Ciarciello again and in today's short session we're going to talk about posture. You know it's very important that you be sitting properly in front of the Braille, in the front of the Braille, because if you're slightly angled or if you're turned away or if your chair shifted slightly to the left it's going to be complicated for you to type properly or to input the Braille properly.

So, I always suggest, make sure that you're right in the center of the unit and the way you can do that is you can see the space bar on my thumbs, and you can see the ALT and the CTRL keys. These are perfect angling points to be able to center yourself properly in front of the unit. So as you can see my posture right now I have my hands on the keyboard on dots 1, 2 and 3 in the left hand and that's 4, 5 and 6 in the right hand and I'm keeping my fingers in a curl position.

What you don't want to do is slouch over like so because that causes a slow down when you're typing and it can also cause back issues. And what you don't want to do also is do this. I mean this is not a sleeping class, right? This is something that you're here to write some Braille. Some fantastic Braille I hope, some nice stories and some nice musical compositions. Because I am a musician. But, so make sure your back is straight and make sure you have a chair where your back is not where your, your wrists are not too low when, in other words they're not basically going if you have a chair where your wrists are facing up this way. That's too, that's too low for the chair. So you want to make sure that the wrists are in an L shape. So, with the elbows in the L shape and with the wrists curled.

Granted this is a kitchen chair. It's not the most perfect chair. I would recommend an ergonomic chair that has a lever where you can angle it better. But as you can see it's not too bad. I mean it's a, they're nice kitchen chairs. It's an old table set. Was about 30 years old and back then they actually believed that if you're going to eat also, you want to make sure you eat and you know with proper posture. I'm sorry. I am a food fanatic but I figured I'd bring that into the equation.

But just to let you know, make sure that your elbows are in an L-shape and

that your body is straight. Your head is also straight. You're not slouching over. You're not looking up at the sky. That you're actually facing the wall. Because when you talk to somebody as well, you want to face them. You don't want to talk like this, so make sure that your your face is also centered so that you're looking straight at somebody or straight at the wall in front of your window.

And that's basically all we do with posture. Of course there are other scenarios. I mean, if you have other conditions. You know, if you have MS or whatever or other conditions that you might need some ergonomic, you know assistance. Never, never, you know, take that out of the equation as well. But this is just for a standard person who's just going to be writing some good old-fashioned Braille. And that will be the end of this session.