

2e Posture Task Review

1. Discussing work with client in a meeting (maintaining posture completely secondary) (task requiring full attention to primary task)

Amy is a project manager at a consulting firm in Seattle. She recently graduated college, and joined the company a few months ago. Her first client project has hit a major problem, and now she needs to bring it up to the client. Although Amy has prepared well for the meeting, she knows it will be a difficult discussion and wants to be sure she can be paying complete attention to what is going on in the room. She has been working on developing good posture, but at this moment, she really doesn't care much about that. Her primary goal for the day is just getting through this day.

2. Taking a difficult test in a lecture hall (maintaining posture secondary, primary task is important to focus but not absolutely critical)

Peter, rushes into Kane Hall with two minutes until his Chem 142 final is supposed to start. He was up far too late the night before, and with only a few hours of sleep, he managed to sleep through all five of his alarms. He has been working on developing better posture, and he tries to sit up straight, hoping in vain that it will wake him up and help him focus. As he skips question after question, his posture begins to slouch as he becomes disheartened. His focus slips from sitting up straight to retrieving the information he spent all night attempting to memorize.

3. Comfortably studying at a desk in the library for several hours (posture secondary, but primary task isn't critical)

Tom is a college student and like to spend several hours in the library to deal with assignments of lectures. He downloads the slides from the past week, scans them for key vocabulary words, and records them in a personal dictionary for each class. His computer is old and runs slowly when he has multiple programs open, so reviewing each lecture takes longer than it should. He enjoys studying, but is often distracted by funny cat videos on the internet. Sometimes this causes Tom to lose track of time and he spends hours at the same desk in the library. Also he stands up and go for a walk at regular intervals for refresh to keep the concentration.

4. Maintaining good posture while driving your car to work in the morning (mix of both primary and secondary, switching off as driver's attention is focused on road)

Casey rushes out of the door of her house, checking the time on her phone. She has to be to UW by 2:30 for her class, and she's running a little late. She's juggling her car keys, a mug of coffee, and her bag. She hops in her sedan, and carefully pulls out of the driveway. She turns on the radio, and takes her typical route to I-5. Her attention is drawn to the line of traffic backed up onto the on-ramp. As she sits in traffic, she adjusts her seat to help her sit in better

posture. Casey has recently started yoga, and has been working on developing her back muscles. A car swerves into her lane, and she hits her breaks and puts both hands back on the wheel. Crisis averted, she finishes adjusting the seat, and continues her slow commute to work.

5. Having good posture while using a smartphone (texting, typing, browsing, watching video)

Brian gets a text from his friend Carl while waiting for the bus and picks up his phone to read it. To get a clearer view, he stretches his neck out and looks down, and stays in that position while responding. He then scrolls through Facebook and watches a video until his bus shows up. After getting onto the bus, he looks back down at his phone and watches Youtube videos.

6. Can concentrate on laptop work without being conscious to keep good posture or distracted. Reducing distracting back pain while responding to emails at work.

Sally is a researcher and spend a lot of time in front of Laptop doing programming and dealing with emails. She keeps in almost the same posture for a long time but sometimes stretches herself to take the stiffness out of her shoulders. The pain makes her unable to concentrate on her work. She attributes the pain to the posture which hunching over while doing desk work. After the stretch, she corrects her posture but after a while, she forgets to do it and return to the same posture she is used to be. Her friends recommend her an application remind her to correct the posture but she is distracted every time notification shows on smartphone.

7. Running and walking on a treadmill.

Bob is a college student who has started running on the treadmill regularly. In the past he has hurt his knees so he tries to maintain good form as he runs. If he runs for more than 30 minutes, he starts to feel pain and tightness in his lower back. He's spent a lot of time learning about different exercises that are easy on his knees. He's trying to lose five pounds but often feels discouraged about how painful his body feels after a run.