Awkward postures are deviations of body parts from their neutral position. Working in these postures is a contributing factor to musculoskeletal disorders and can cause discomfort.

Awkward postures increase the total exertion required to complete a job:
- The body must apply force to joints and muscles to deviate body parts from the neutral position
- The further the deviation, the more force that is applied
- The further the deviation, the less force you are able to apply to your tool
- Working in awkward postures will cause to you fatigue faster

Here are some common examples of awkward postures:

- Extended wrist
- Flexed wrist
- Bent neck
- Squatting
- Kneeling
- Working overhead
- Back bent forward
- Reaching