

Taking charge of your health - what can you do at work?

Posted in: Ergonomics Early Intervention

It is important to understand how to properly manage your workday to minimize the risks of discomfort and injury. Personal habits can go a long way to success or failure when dealing with workplace discomfort.

Put Your Hand Up & Get Help:

- ✓ What should you do when you experience discomfort?
- ✓ A change is needed if you want your pain to go away.

Don't Take it Sitting Down:

- ✓ Our body is not meant to sit for long periods of time.
- ✓ Get out of your chair at every opportunity.

Microbreak Software:

- ✓ Do you need help reminding yourself to get up and move around?
- ✓ There are some great software solutions that can help encourage good habits.

Take a Break:

- ✓ Don't work through breaks and lunch.
- ✓ Your body needs to move.
- ✓ Use your breaks to get out of your office.
- ✓ Eat lunch away from your desk.



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