

Working breaks to keep the blood pumping

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Don't Take it Sitting Down

The bulk of our work tasks require us to sit. Static positions are not particularly healthy for our backs since sitting puts increased pressure on the tissues in our spine.

Take every opportunity to get up and move around as part of your work tasks.

Try these:

- Stand up while you are talking on the phone.
- File papers far enough away that you must get out of your chair.
- Don't call or email people in your office, go and visit them.
- Locate your printer outside your office or work space.
- Drink lots of water...
- Occasionally get out of your chair when in long meetings.
- Stand up while reading or reviewing printed documents



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written by ErgoRisk