

GET MOVING AT WORK



The National Health & Safety Function (NHSF) is encouraging you to get moving at work to support your physical health and prevent Musculoskeletal Disorders (MSDs). MSDs can result from a combination of risk factors for example a lack of movement and lack of physical activity at work. In today's digital world jobs have become sedentary resulting in less activity at work and too much time sitting. Why not take a look at some tips below and see if you can adopt some positive changes in your work.

Why is sedentary work/prolonged sitting hazardous for our health?



Potential control measures following risk assessment include:

What can **employers** do?

Work-related MSDs need to be **prevented**, especially in a context in which sitting at the workplace is increasing.

There is a lot employers can do to tackle the issue:



What can **workers** do?

Change posture frequently

- Between sitting, standing and moving around
- While sitting (dynamic sitting)



Take micro breaks and stretch every 20/30 minutes

Incorporate more movement and flexibility into daily working life

- Take the stairs
- Get up from the desk to eat, stretch, phone
- Drivers – take regular breaks and get out of the vehicle to eat, stretch, phone, rest



The 2020-22 campaign, *Healthy Workplaces Lighten the Load*, aims to raise awareness of work-related MSDs and the need to manage them and to promote a culture of risk prevention.