

## Workplace Health and Safety Queensland

## Sedentary work—sit less and move more in your work day

The human body is designed to move regularly throughout the day. Advances in technology have resulted in many of us spending more time sitting at work. Sitting for prolonged periods can affect your health.

### Benefits of movement

Sitting less and moving more can benefit you by:

- reducing the risk of musculoskeletal pain, discomfort and injury, particularly of the lower back and neck
- lowering the risk of developing coronary heart disease
- lowering the risk of developing diabetes
- reducing eye strain or fatigue as your eyes have a chance to focus over different distances.

Movement is also better for the circulatory system and digestive tract.

### Things you can do

Ideally, work activities should allow you to alternate between sitting, standing and moving (e.g. walking). There are simple changes you can make to reduce your sitting time and increase your movement.

- Use a height adjustable desk so you can work either standing or sitting.
- Locate your printer, scanner, photocopier and waste bin away from your work space so that you need to walk to them.
- Vary your work tasks through the day so that you change your posture and use different muscles, e.g. do some filing after a period of typing.

- Stand during phone calls.
- Use headsets or the speaker phone during teleconferences so you can stand or move around your work space.
- Walk to your colleagues' desks instead of phoning or emailing.
- Have standing or walking meetings.
- Take regular short breaks during long meetings or training sessions so that participants can stand up for a few minutes.
- Stand at the back of the room during presentations.
- Walk to the water cooler to refill your glass or water bottle.
- Eat lunch and morning and afternoon tea away from your desk.

### Incidental exercise

Don't forget about the other opportunities to keep you more active during the day.

- Use active transport on your way to and from work, for instance walk or cycle; get off the bus or train one stop earlier and walk the rest of the way; park your car further away and walk the difference.
- Go for a light walk in your lunch break.
- Walk to and from work meetings.
- Use the stairs instead of the lift.

### More information

Visit [www.worksafe.qld.gov.au](http://www.worksafe.qld.gov.au) or call the Workplace Health and Safety Infoline on 1300 369 915.

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