

Reducing Sedentary Work Practices

What are sedentary work practices?

Simply, they are activities that require very little expenditure of energy. Typically, we think of sitting for prolonged periods at an office desk as an example of being sedentary.

What are the dangers of being sedentary?

- Prolonged sitting can increase your risk of cancer, cardiovascular disease and diabetes.
- Prolonged sitting may contribute to the development of musculoskeletal disorders.
- Sitting for extended periods reduces our muscle contractions. These contractions are important to help manage our blood sugar levels, and transport oxygen throughout our body.
- Weight management becomes more difficult when less energy is expended as a result of prolonged sitting.

What are some strategies to reduce sedentary work practices?

- Take a phone call standing versus sitting
- Use a central rubbish bin to encourage movement away from your desk
- Take lunch breaks away from your desk
- Enjoy a walk during your break time
- Stand to access folders or items not within your arc of reach
- Have standing meetings
- Encourage standing breaks during meetings
- Park further away from your destination to encourage walking
- Stand and walk over to a colleague instead of emailing or phoning them
- Plan your work day to encourage a change of posture and activities (e.g. don't leave all of your printing or photocopying until the end of the day. Space it out during the day and walk to the printer on regular occasions).

For more information on addressing sedentary work practices, contact AHS by emailing michelle@absolutehealthservice.com.au

References:

<https://www.worksafe.qld.gov.au/injury-prevention-safety/health-and-wellbeing-at-work/health-and-wellbeing/health-and-wellbeing-articles/the-challenge-of-sedentary-work2>

<http://www.comcare.gov.au/home>

<http://www.heartfoundation.org.au/Pages/default.aspx>