



SUMMER 2015 NEWSLETTER



Welcome to the second AHS Newsletter. This year has certainly gone by quite quickly! I hope that you have all had a successful year achieving your endeavours.

I have started writing an e-book which explains my approach to holistic workplace assessments. Hopefully I will finish this in the coming months and have it available through my website.

NEW RELEASES: 'Tips for Office Workers'

Workstation Assessments

How often do you review your workstation set up? Do you assess both your home computer set up and your workplace set up (if they are different)? We seem to get used to our environment, and sometimes fail to check whether it is harming or helping us. Often, having a trained professional review your workstation can highlight areas of concern or potential risk. It is important to consider the 'whole picture' and not just your immediate environment or equipment. My experience and professional training has taught me that we need to focus on a number of areas. As a result, I have developed the approach of "checking your SHAPE". When conducting workstation assessments, I consider and educate on **Safety, Health, Activity, Posture, and Equipment**. Addressing each of these areas will provide a holistic solution.



The Dangers of Sitting

It's all across the news isn't it? Apparently it is dangerous to sit. Well, it's not so much that sitting is dangerous. The concern is the amount of time we spend sitting without changing our posture. So whether you are an office worker or drive a vehicle for a living, you need to give serious thought to how you can break up your 'sitting time'. Review your work flow and tasks, and make sure you change your activity regularly so that you move between sitting, standing, and walking. This approach is not only good for reducing musculoskeletal complaints, but can also reduce the risk of developing preventable diseases such as diabetes, cardiovascular disease, chronic kidney disease, and even some cancers.



Further reading

If you'd like to find out more about how to modify your postures and work flow, the following links may be of interest:

http://www.comcare.gov.au/preventing/hazards/physical_hazards/sedentary_work

<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>