

# Moving to reduce health risks



UNCOMMONLY INDEPENDENT

## *Sedentary work at home*

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### Reduce health risks associated with sedentary work

Prolonged sitting is associated with back and shoulder pain, premature mortality, diabetes, chronic diseases, metabolic syndrome, and obesity. In addition, prolonged standing may lead to venous disorders, back pain, and other musculoskeletal disorders.

An opportunity for you to help decrease sedentary time includes increasing flexibility to your workday and workstation, as much as you are able. The best option for users who face long hours of sedentary work is to use a combination of sitting and standing. Our bodies respond best to a balance between sitting and standing.

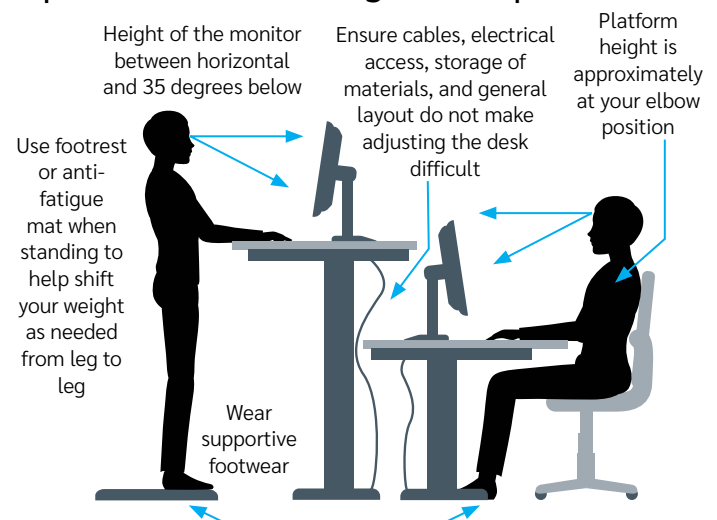
### HOW TO INCORPORATE MOVEMENT INTO YOUR WORKDAY

- Stand or move around every 30 minutes (or as needed)
- Stand while talking on the phone
- Take the stairs instead of the elevator
- Take a walk when possible
- Take micro rest breaks to break up static posture if a job involves prolonged standing
- Stretch and flex during micro-rest breaks

If a sit/stand workstation option is available, it may allow you more flexibility to easily shift between seated and standing work tasks. Proper ergonomic setup is still very important to make sure the desk meets your needs when both standing and sitting.

**It is also important to take breaks away from the computer** to help alleviate eyestrain and to vary the position of head, upper body, arms, and hands, no matter what style workstation you have.

### Tips to maintain an ergonomic position



Alternate postures between sitting and standing on a regular basis (every 45–60 minutes); use a timer if it is hard to remember when to switch

### Sit-stand workstation considerations

- These help reduce sedentariness but are not a “fix all” for obtaining adequate physical activity throughout the day and should be part of a healthy lifestyle and other strategies for sitting less
- In some cases, these may aggravate existing injuries/medical conditions or present a risk for new injury
  - Examples: lower back, knee, and ankle injuries as well as conditions such as arthritis may be aggravated (check with your doctor for recommendations)

Reference: DHHS (NIOSH) Publication No. 2017-131 Using Total Worker Health Concepts to Reduce the Health Risks from Sedentary Work—March 2017

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