

Sitting at WORK

While it may look harmless, sitting is a serious workplace health and safety issue



HEAD level in line with the torso

FOREARMS, WRISTS and HANDS relaxed and straight

ELBOWS close to the body, bent between 90° and 120°

EARS in line with shoulders

SHOULDERS back and relaxed, not rounded or elevated

BACK straight and supported, sitting upright or leaning

THIGHS and HIPS supported by a well-padded seat, parallel to the floor

FEET forward, fully supported by the footrest

Tips to get you out of your seat

- Try to decrease the amount of time you are sedentary by two to three hours over a 12-hour day.
- Find opportunities to incorporate daily physical activity.
- Use an alarm, app or smart watch to remind yourself to move around for one to three minutes every half hour.
- Stand up when using the phone if possible.
- Stand up and stretch frequently during the course of your day.

Dangers of prolonged sitting

- Muscles are more likely to pull, cramp or strain
- Fatigue and tension in the back and neck muscles
- Steady compression on the spinal discs
- Decreased fitness
- Reduced heart and lung efficiency
- Digestive problems

How employers can help

- Offer a variety of tasks to encourage physical movement.
- Consider providing workstations that allow a worker to do their work both in a sitting and standing work position.
- Support awareness by explaining the health hazards of prolonged sitting and how to improve working positions.
- Try walking or standing meetings.

We spend more time Sitting at Work

	Low Activity Occupations	High Activity Occupations
2000		
1970		

50%+

More than half of an average person's day is spent being sedentary
Sitting • Watching television • Working at a computer