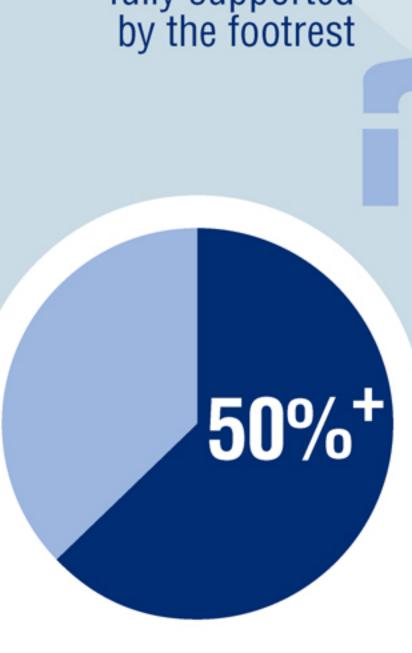
EARS in line with shoulders

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



Sitting at WORK

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

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 **High Activity Occupations Occupations** 2000 1970





Canadian Centre for Occupational Health and Safety

More than half of an average person's day is spent being sedentary

Sitting • Watching television • Working at a computer

HEAD level in line

FOREARMS, WRISTS

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

and HANDS relaxed

with the torso

and straight