



Staying healthy in the office

1. Ensure that you change activities regularly or take small breaks in the tasks that you are carrying out in order to change postures.
2. Maintain a good posture whilst you are at your desk – having your workstation set up to optimise your seating position will facilitate this.
3. If you are unsure as to how to set up your workstation to optimise your working position, the Physiotherapists at Focus Physiotherapy and Ergonomics can assess and advise on this.
4. Staying fit and healthy can help to reduce aches and pains or the effects of aches on pains on us.
5. Remaining hydrated helps us to remain alert and well. If you feel tired you will find it harder to maintain an optimal posture.
6. Try to take some exercise regular basis; perhaps a brisk walk at lunchtime for example, may help reduce the effects of static, sedentary tasks.
7. If you have a problem, seek advice.