

‘Active Working: Why sitting ISN'T the new smoking’

David Kirtley, Seating Specialist at Posturite Ltd



Key Points

- ▶ A sedentary lifestyle – especially sitting in one position for hours at a time - is not conducive to good health. It can lead to increased risk of conditions such as diabetes, cardiovascular disease, some cancers, musculoskeletal disorders and poorer bone health in later life.
- ▶ According to a YOUGOV survey in April 2016, half of the UK never take any form of cardio-vascular exercise and 25% do one hour or less exercise per week.
- ▶ Introducing movement into your day eg ‘stretch-legs’ walk breaks , whenever possible, will help to keep the blood circulating and not pooling, which can lead to swelling of the lower extremities and deep vein thrombosis (DVT).
- ▶ For office workers, their chair is a vital piece of equipment and should be regarded as an investment by their employer. A good chair will promote healthy posture , well-being and productivity. The alternative will lead to discomfort, muscle and back pain and days lost to sickness absence.
- ▶ Musculoskeletal disorders are cited as the second most common reason (after colds and bugs) for taking sick leave and can be aggravated by poor office seating - encourages hunching and slouching.
- ▶ The standard office chair has a ‘synchro’ mechanism. Once adjusted it is static – your legs are ‘parked’ and do not move as you work.
- ▶ With a dynamic chair – such as the HAG Sofi chair - the legs and ankles are stimulated to make imperceptible micro movements , keeping you in balanced continuous motion.
- ▶ When undertaking office refurbishment, consider sourcing ergonomic seating from a recognised and reputable supplier, rather than including it as part of a general contract.
- ▶ The question to pose is not whether your organisation can afford ergonomics, but rather whether the organisation can afford not to have ergonomics.