



Legs, Back, or Neck hurting? It's Time to Employ Smart Work Habits

After several hours of motionlessly sitting at your work desk, it's finally time for your break. The moment you stand up for your break, you realize that your legs are numb, stiff, or just won't work. This is a common scenario experienced everyday by a variety of desk workers. Not that being devoted or working hard is a negative thing, but it can be detrimental to the body if smart work habits aren't employed.

When workers become immersed in their work, it's often hours before they even realize that they haven't moved their lower extremities. This type of prolonged motionless work may seem like something that would increase productivity, but it can lead to an array of health problems like obesity and stress. The resulting problems actually make for a less productive employee.

Obviously, the first smart work habit is to get up and stretch the lower extremities and get blood flowing again. Ideally, workers should get up from their desk every hour for just a few minutes. This may be simply walking to the water cooler, bathroom, copier, or such.

The computer is a key source of bad work ergonomics and negative impacts on the health of workers. Ergonomics is the science of designing a work space and work equipment that is comfortable, safe, and efficient for human usage.

Experts suggest that computer monitors be positioned directly in front of and arms length away from workers. To minimize any eye strain from

glares on a computer monitor, it should be slightly tilted downward. The worker can help minimize eye strain by blinking frequently to keep the eyes moist. It might be necessary to focus from a different angle, such as by slightly tilting the head upward.

Likewise, the computer keyboard should be placed directly in front of workers. It should be positioned at a comfortable distance. Try the computer at a sloped and flat position to see what feels more comfortable. It may also be helpful to rest and relax the palms when not typing.

Now that the computer and keyboard are properly positioned, workers should make sure that their own body is in good alignment. Make sure that the feet are flat on the floor and the back is supported. A lumbar support may be helpful to support the back. Stores that sell ergonomic office supplies will have work equipment, such as a chair with the lumbar support or a lumbar support insert, that's been scientifically designed for comfort and ease of use.

Workers that take care of their body at work will feel better at work and at home. Even with the tiny amount of time lost to stretching and ensuring proper body mechanics and equipment positioning, this worker will also ultimately be more productive.



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