



www.bcmsa.ca

AUGUST *Safety Talk*

Topic: Movement Matters!

The human body was made for movement. Standing or sitting, kneeling or bending in any fixed positions all day can lead to a multitude of problems.



Workers who stand every day can develop low back pain, stiffness in the neck and shoulders, swelling of calves, pooling of blood and varicose veins. Standing also increases the risk of hardening of the arteries and musculoskeletal disorders.

Likewise, sitting, as with any fixed position, causes muscles to flex, exerting pressure on tissues and blood vessels and obstructing blood circulation. When combined with often repetitive motions performed while sitting, it can lead to wear and tear on the body.

It is important to find ways to increase physical movement during the day, regardless of what your job is. Also, it is better for the body to have several micro-breaks during that day rather than just two or three long breaks. If you have to sit or stand for more than an hour, that's too long.

Does your desk really need to be beside the printer? Maybe it's better to have it a short distance away, prompting you to have to get up and move away from a static posture while you retrieve what you printed.

If your job requires you to stand and lean over a workstation or work area, stop and do a back extension in the opposite direction. Consider modifications to your workstation such as adding a foot rest so you can alternate your body position and bring the back into natural alignment.

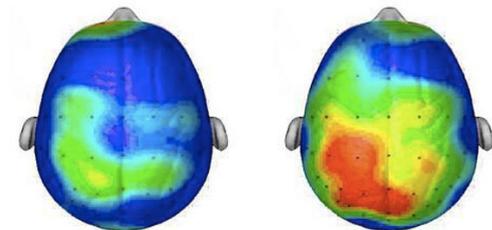
If you are working outdoors, chances are you are able to move around more. Be conscious of activities that keep you in the same position for a period of time. Change your body position, alternate the way you are doing the work to avoid repetitive strain injuries.



During your scheduled breaks, take short walks away from the work station or work location, preferably outdoors. Get a group together and make it a daily appointment!

And, don't limit the walking just during work breaks. Taking walks before or after work is a good way to stay fit and to counteract the negative impact of static postures during your work day.

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Walking is also a great way to keep the brain stimulated!

Taking short walks will not only improve your physical fitness, they can improve your mental awareness as well.