

A photograph of three office chairs in a meeting room. On the left is a black ergonomic chair. In the center is a red ergonomic chair. On the right is a grey ergonomic chair. In the background, there is a wooden desk and a blue wall. In the foreground, the back of a person's head and shoulders are visible, looking towards the chairs.

**Sept
2019**

My chair is plotting to kill me

Why sitting is considered the new smoking, and what to do about it.

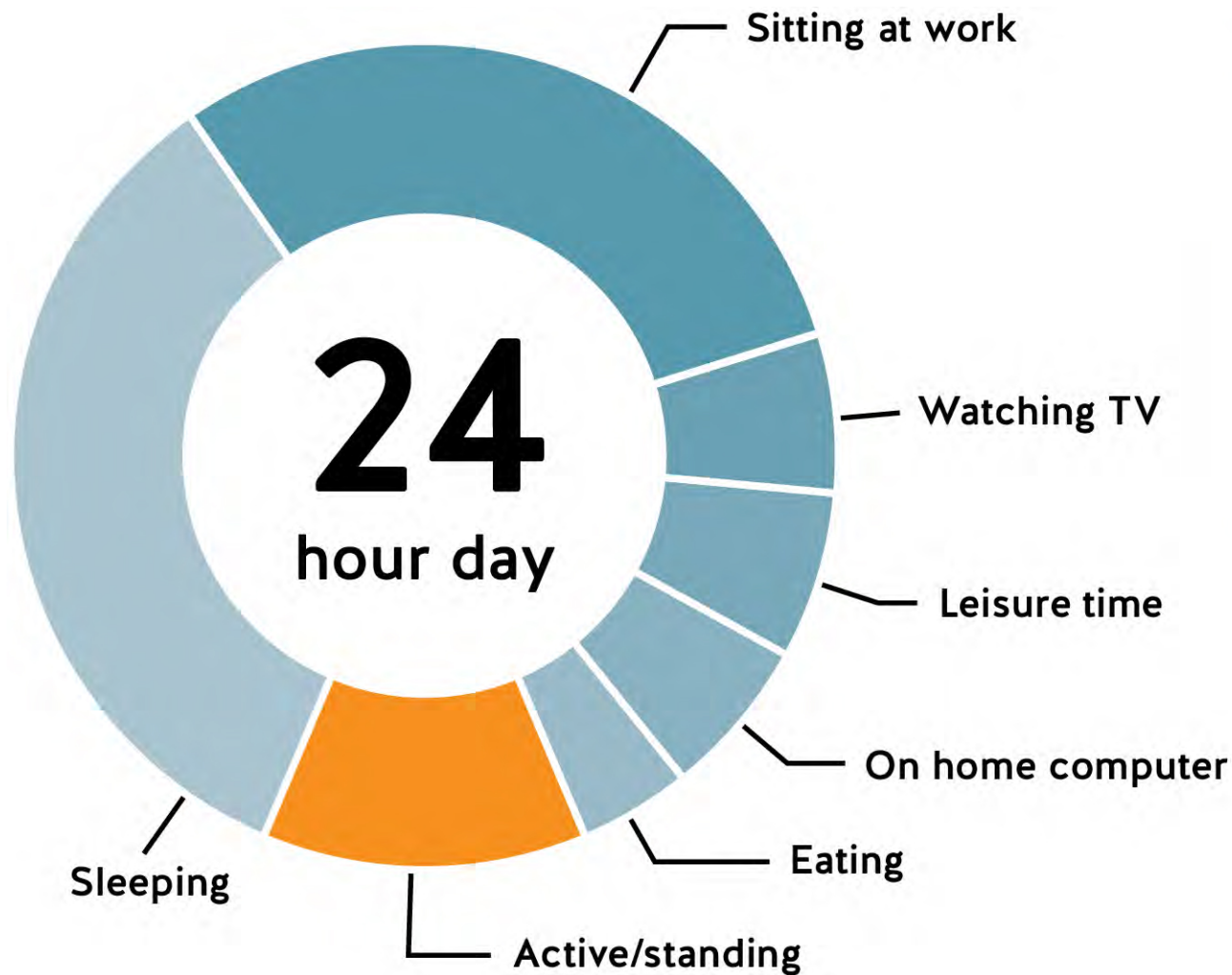
Let's see how much sitting we do

Everyone...please stand up

By the end of this presentation, you'll be able to:

- Recognize the harmful effects of prolonged sitting
- Identify static postures and understand their effects on your health
- Recognize the benefits and drawbacks of height-adjustable workstations
- Identify some strategies for implementing workstation changes within your workplace
- Incorporate ideas to change your habits both inside and outside of the workplace

How sedentary are we really?



Sleep
8 hours

Sedentary
13 hours

Active
3 hours

Daily living tasks were more physical



Washday painting from Splendor Solis Nuremberg, 1531

<http://www.oldandinteresting.com/history-of-laundry.aspx>

Sitting watching TV



True or false?

Exercising for 30 minutes a day will offset the harmful effects of sitting most of the day.

False

Exercising for 30 min a day is good for you, but can't offset the damage caused by many hours of no movement. You need to increase your movement throughout the day.

Changes in the body

- Fat metabolism effectively stops working causing increases in fat storage
- Decreased blood circulation
- Muscles and joints become stiff
- Decreased bone density
- Increased insulin production

Life expectancy



True or false?

Standing workstations are better for our bodies.

False

Humans are not meant to sit all day. But we're not meant to stand either.

There are problems with standing, just as there are problems with sitting.

Static versus dynamic postures

Resting



Blood
needed



Blood
flow



Dynamic effort



Blood
needed



Blood
flow



Static effort

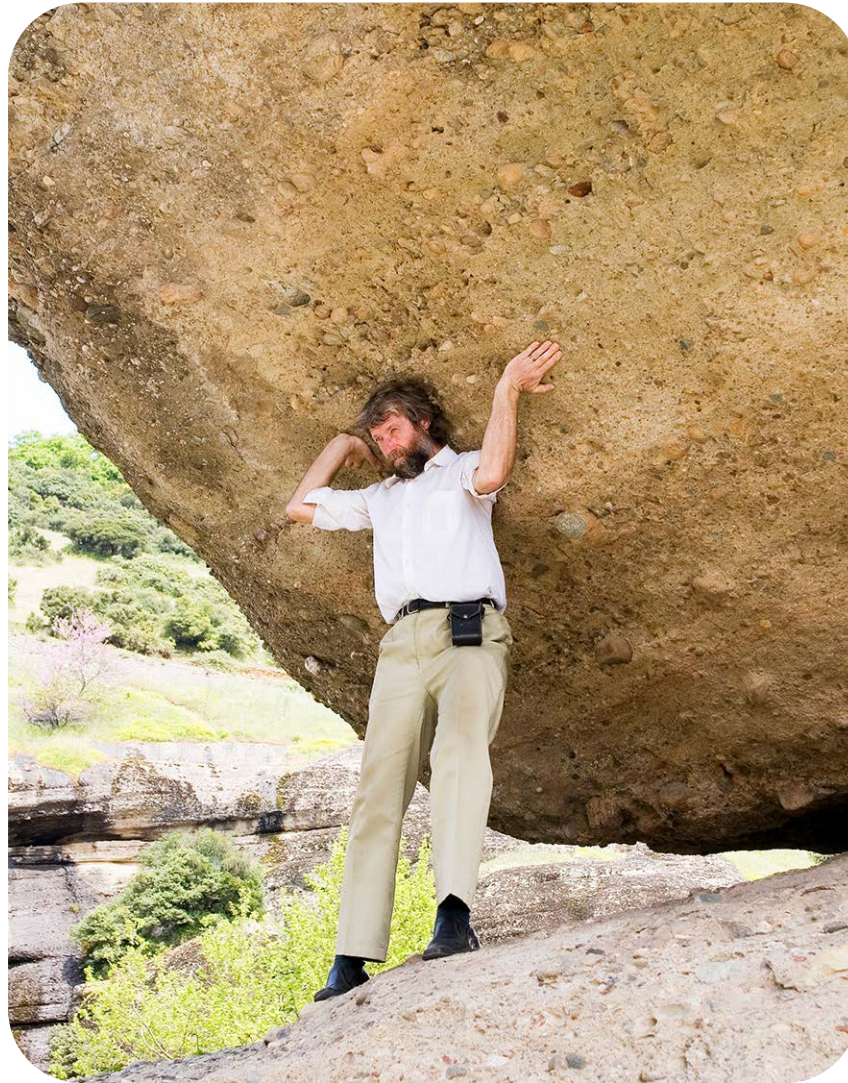


Blood
needed



Blood
flow

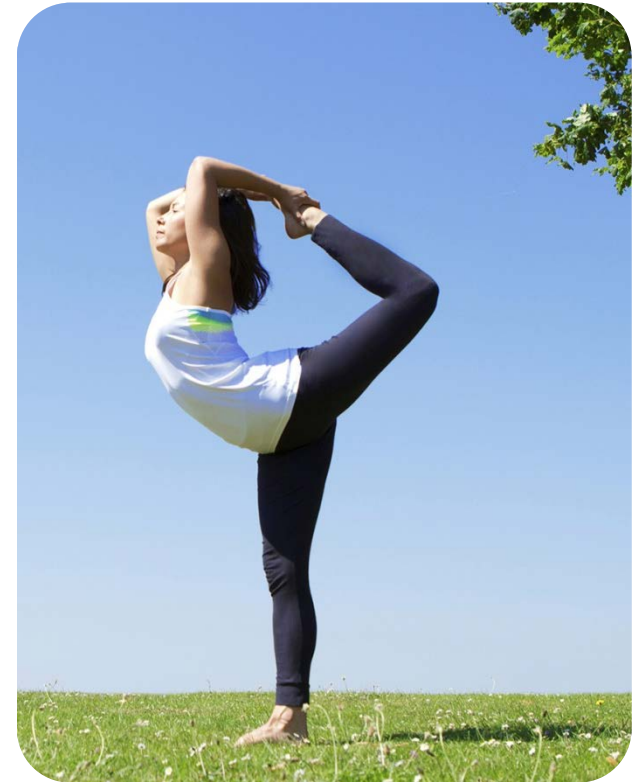




Hurry! My arms are killing me!

The benefits of dynamic postures

- Increases circulation and flexibility
- Reduces tension and muscle aches
- Reduces fatigue
- Improves posture
- Reduces chances of injury



True or false?

Good standing or sitting posture needs to be straight.

False

The best posture is neutral and natural.

It's not military posture like a statue; it's dynamic and relaxed.

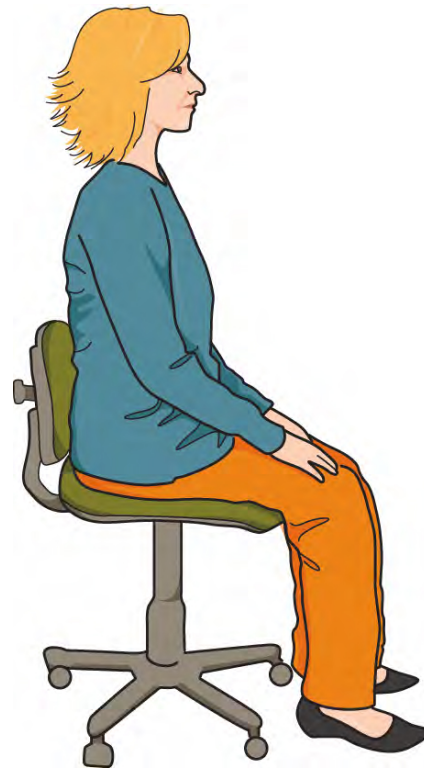
Neutral posture

Good posture

Balanced
upright posture



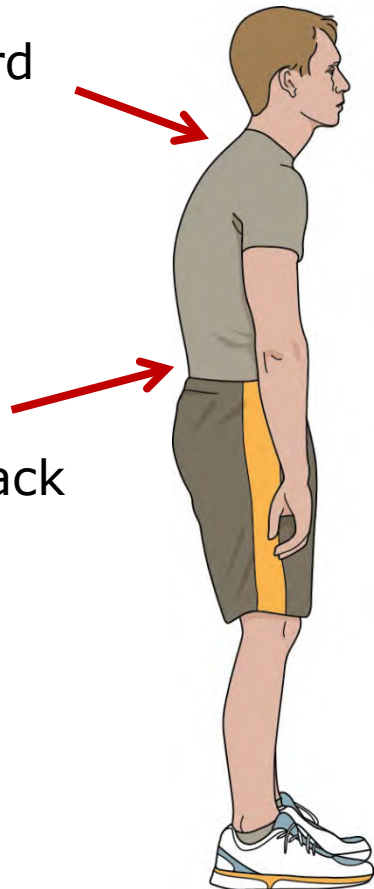
Poised /Relaxed



Standing postures

Poor posture

Forward head



Flat back

Good posture



Poor posture

Forward head

Rounded shoulders

Sway back

Weak abdominal muscles



Sitting postures

Slump/slouch



Forced upright



Poised/relaxed



True or false?

Alternating between sitting and standing may increase productivity and efficiency.

True

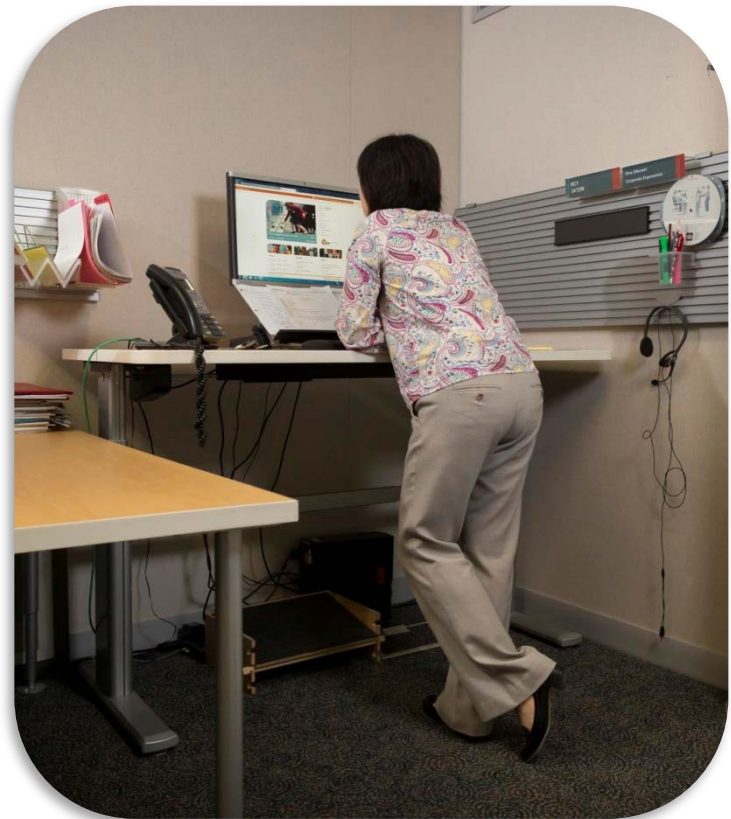
When you stand up and move, you open up your chest and breathe better, allowing more oxygen to go to your brain and muscles.

Extra oxygen increases creativity and alertness, leading to improvements in productivity and efficiency.

Height-adjustable workstations: The benefits



Height-adjustable workstations: The drawbacks



Height-adjustable workstations: Are they the answer?





Height Adjustable Workstations: Factors to Consider

- Price
- Range of height adjustability
- Speed that the desk will move
- Noise levels
- Size of desk space
- Use of keyboard trays
- Preventative or medically required

Lessons learned at WorksafeBC




	Dr MD Medical Centre Richmond British Columbia V7C 1T4 Tel: 604 Fax: 604
	February 22, 2016 Delta, BC 604 Health Ins:
sit and stand desk sit and stand desk at work Qty: 1 Repeats: 0	
Signature:  Dr. Pract. No.	
Created by: OSCAR The client	

Patient: _____

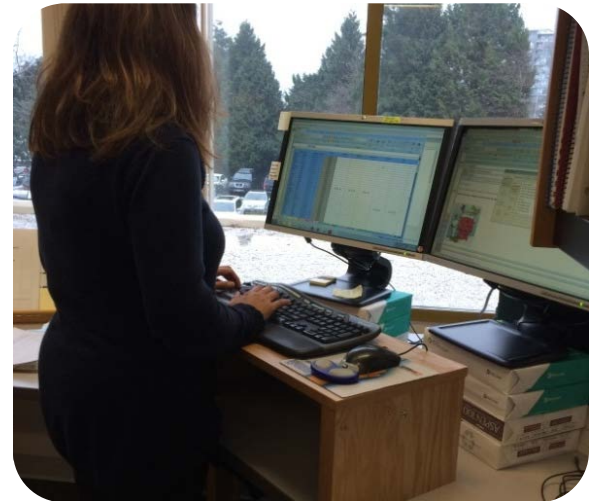
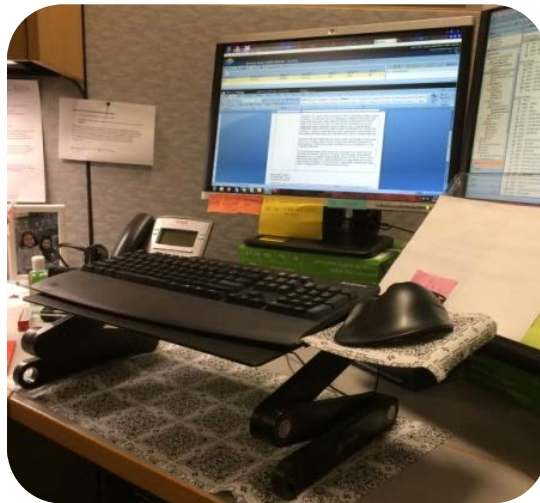
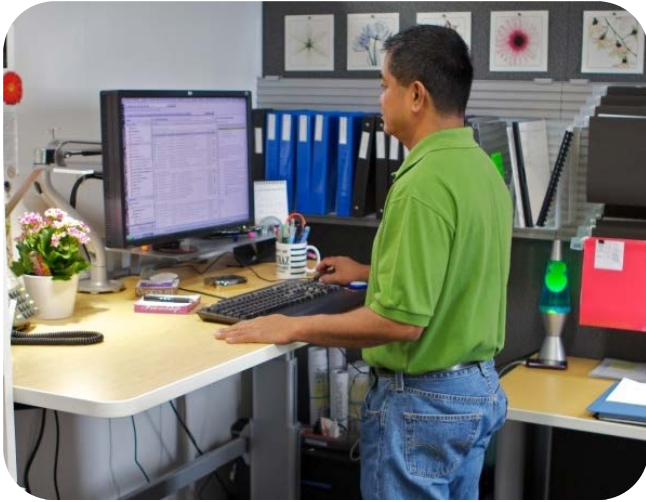
R ~~sit~~ desk
~~stand~~
 = prepping stool

Dr
 Orthopedic Surgeon -
 11

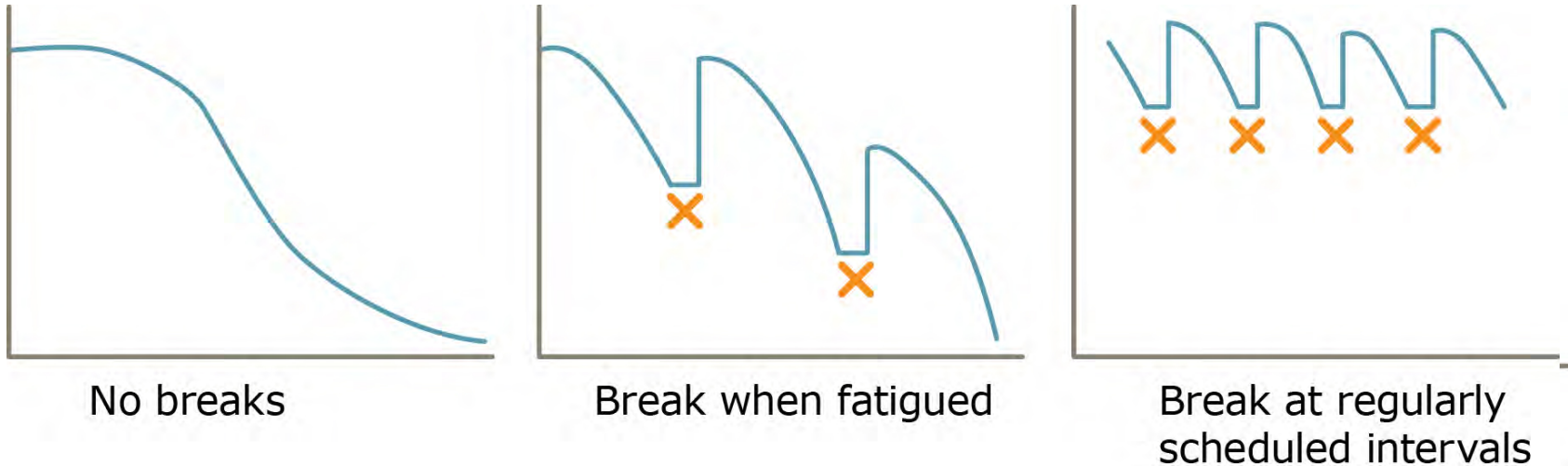
ge ID #:

 Jan 14/15
 md.com

Dr D	CPSBC No:	MSP No:	Address:	Main Phone:	Appointments:	Fax:
18th September 2015						
Re:	Name:	DOB:	Phone:	PHN:	Address:	
Usual Dr:	Dr:					
To whom it may concern, I saw this patient on the above date and can confirm that station for medical reasons.						
I would benefit from a standing/sitting work						
Regards,						

Options for height-adjustable desks

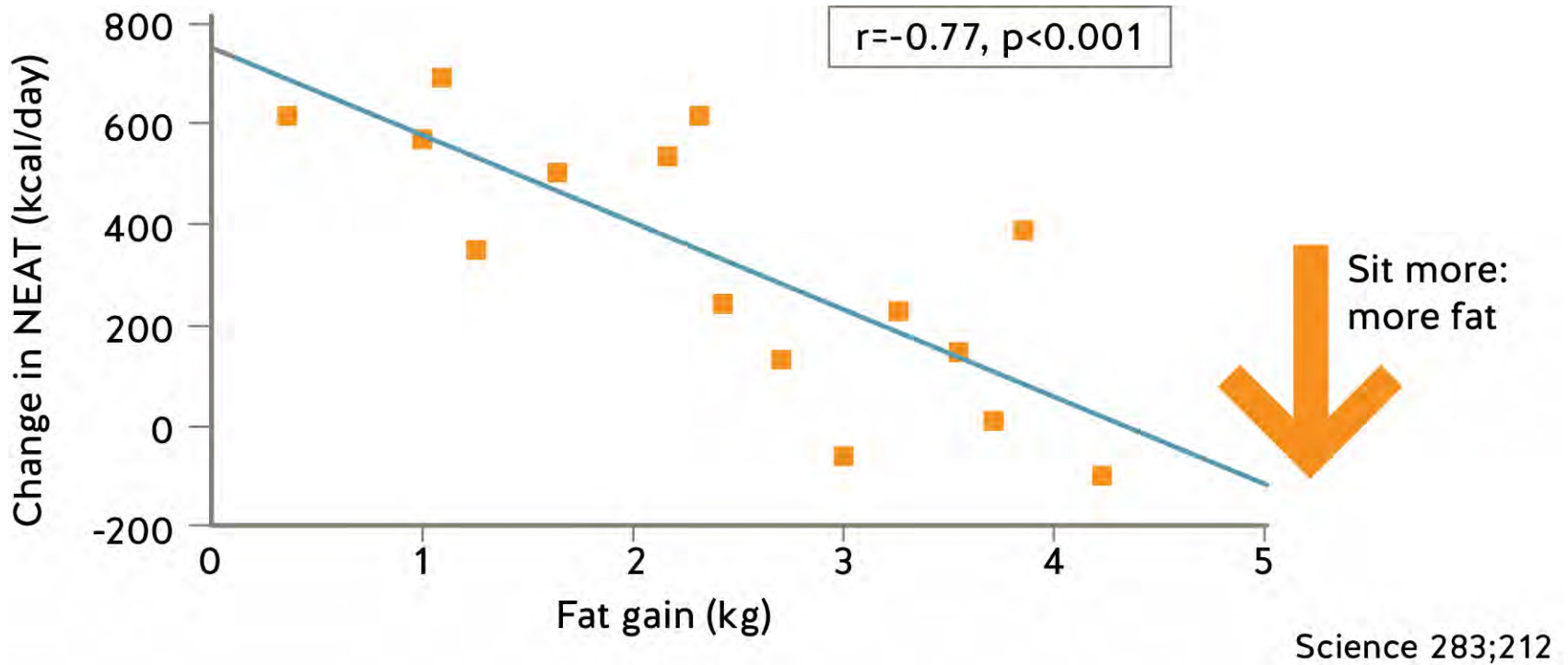


Effective microbreak cycles



- It's better to have shorter breaks more frequently.
- You need to change postures before you start to feel sore or fatigued.

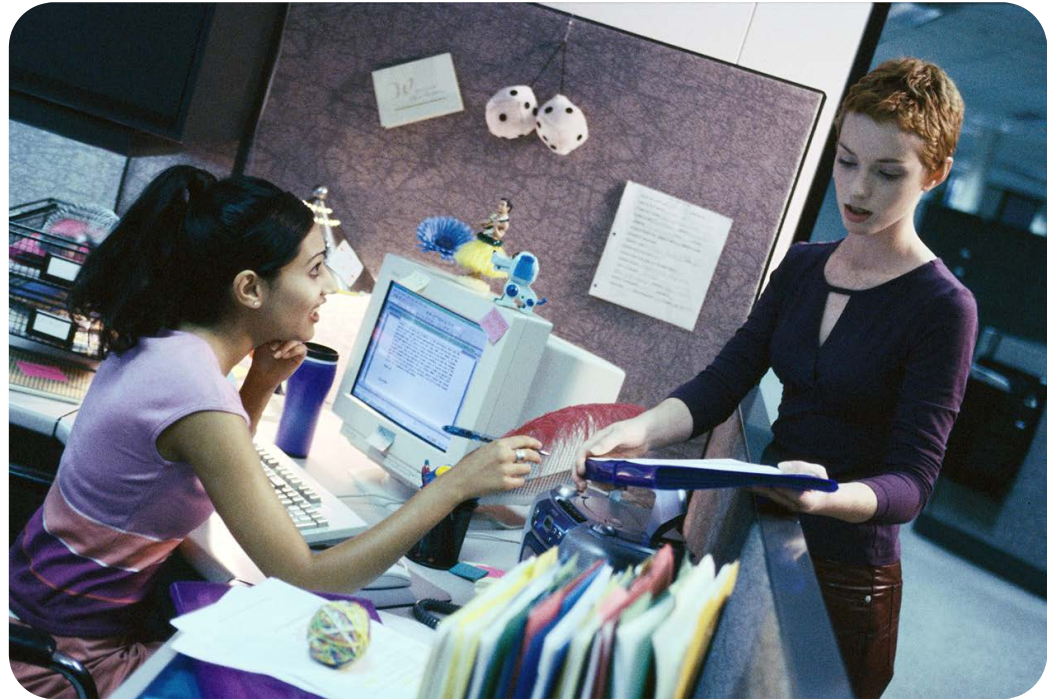
Study done by Dr. James Levine



Let's change our habits!



Stand up



Stand and drink water



Take the stairs



Walking meetings



Encourage movement at the workplace



Change habits outside of work



Change habits in your home





You are now able to :

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Questions?

Your best posture is your next posture!



