

Improve Your Health with Proper Ergonomics
and Frequent Movement

Presenter

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Joe Belanger is a certified health and wellness coach and works with clients on a number of topics, including life coaching, mindfulness, health and wellness, and tobacco cessation to name a few.

He is actively involved in the project management department and also assists senior coaches in reviewing colleagues' interactions with their clients. He is currently a health coach at Workplace Options.

Learning Objectives

- Discuss the importance of proper ergonomics and frequent movement
- Apply ergonomic tips to your work environment
- Discuss ways to incorporate frequent movement into your day
- Identify exercises you can do at your desk/workstation

Today's Session



Part One
Proper desk ergonomics



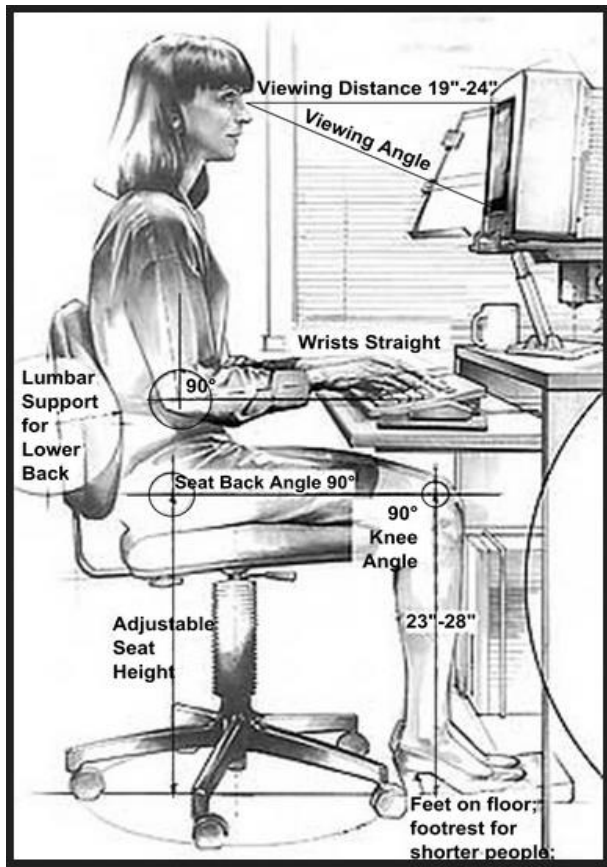
Part Two
Frequent movement

Part One – Group Activity



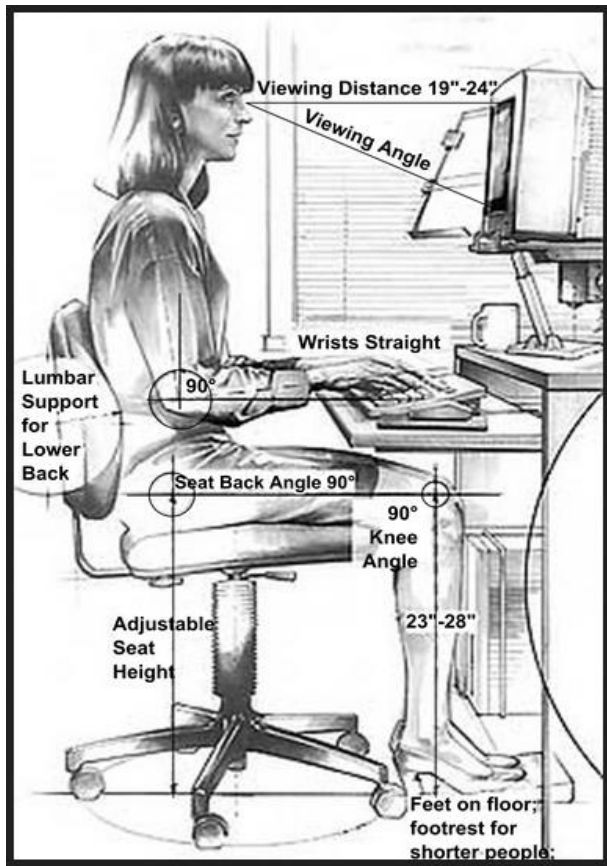
Proper desk ergonomics

Proper Desk Ergonomics - Chair



1. Feet flat on floor
2. Knees and hips parallel to the floor
3. Knees at 90 degree angle
4. Sit at the back of chair, supporting back
5. Armrests support elbows and allow you to type on keyboard

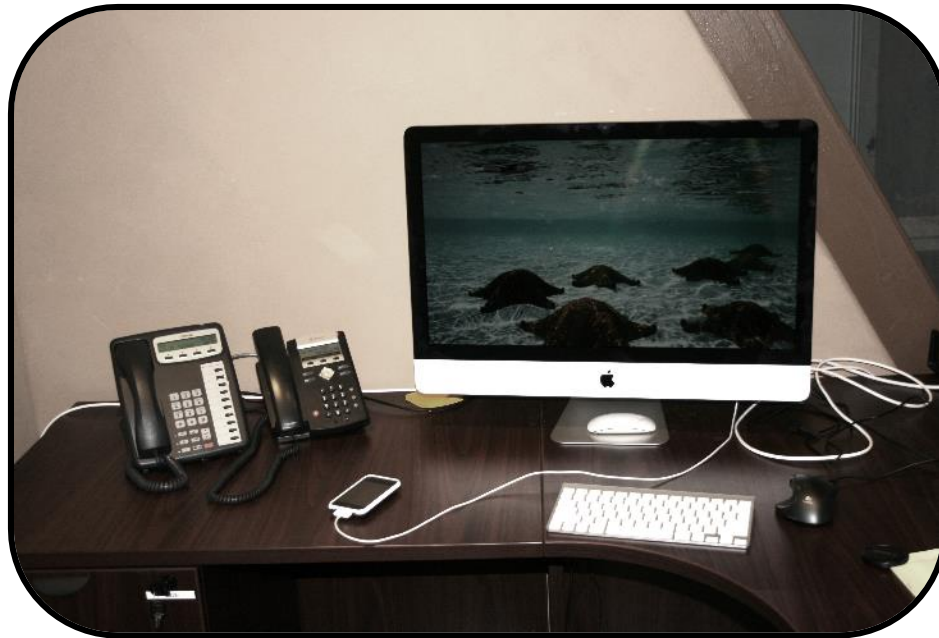
Proper Desk Ergonomics - Computer



6. Monitor at eye level or 1 inch below eye level (you should not be looking up)
7. Monitor should be straight in front of you
8. Keyboard “legs” down and wrists straight – key is comfort

Proper Desk Ergonomics - Other Items

Have closest to you the items you use the most



Proper Desk Ergonomics – Protecting Your Eyes

The 20 – 20 – 20 Rule

- 20 minutes
- 20 feet away
- 20 seconds



Survey

Which of these items do you feel you need to change?

- A. Chair height
- B. Feet placement
- C. Monitor placement
- D. Items closest to you
- E. 20-20-20 eye protection rule

Part Two – Group Activity



Frequent movement

Statistics on Movement

Sedentary behavior is the
4th leading risk factor
of death

High blood pressure

Flexibility loss

Type 2 diabetes

Weight gain

Anxiety and depression

Bowel cancer

Migraines

Elevated cholesterol

Stroke

Eye strain

Heart disease

Carpal tunnel syndrome

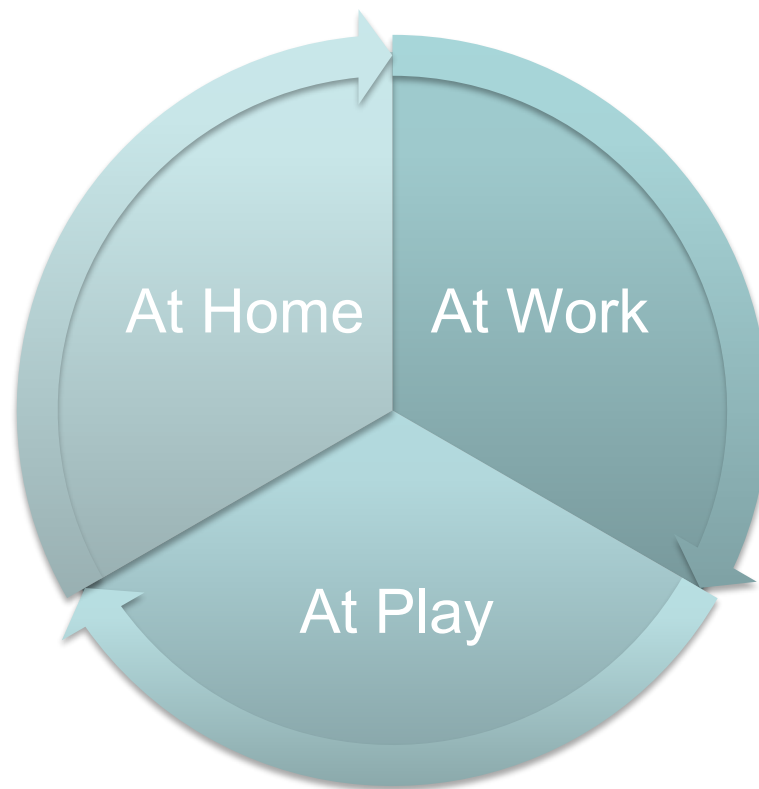
Soft bones

Chronic neck, shoulder,
and back pain

Impaired libido

Incorporating More Movement

Whole Day Mindset



Ideas

- Stand up and stretch at your desk every 30 minutes
- Take the stairs
- Park further away (or bike to work!)
- Use an exercise ball for a chair
- Use a sit/stand workstations
- Setup team challenges to encourage movement



Workstation Exercises and Stretches - Let's Practice!



Wrap Up

1. Is there anything you need to change about your desk/workstation setup?
2. What is 1 thing you can start doing immediately to increase movement throughout your day?

For more information...

Contact your Employee Assistance Program
or Work-Life Program

Thank You

Questions?

Works Cited

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