

HEALTH IMPACTS SAFETY



- **Sitting much of the day is bad for your health.**
- **Sitting for long periods of time can be uncomfortable and can increase neck and back pain.**
- **Get up and move around at least once every 30 minutes.**

Safety Meeting Guide

TWH 5: What's sitting got to do with it?

<http://ow.ly/JHa00>

INSTRUCTIONS: Hold the guide with this side facing you and the other side facing your committee. Then share the information on this page.

Today's safety committee meeting is about jobs that involve sitting for much of the day. About 70% of people sit for over six hours a day.

Total daily sitting time is correlated with increased risk of early mortality and developing heart disease. Prolonged sitting can increase discomfort related to neck and back pain and even cause injuries. Prolonged sitting is harmful even if you exercise regularly. Moving is good for the brain and can stimulate creativity.



Here are some ways we can decrease our sitting time and still get our work done:

- Get up and move around at least once every 30 minutes.
- If you sit for most of the day, look into a sit-stand computer and desk arrangement. If you don't have the budget to buy one, be creative in finding ways to move and do more tasks standing or moving. Make sure you get help to most comfortably and effectively use your sit-stand station.
- Take walking meetings.
- Take the stairs rather than the elevator.
- Stand when talking on the phone or other suitable tasks.

ASK: "Does anyone have more ideas or comments to share?"

Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- What do you do to sit less at work?
- Are there things we can do as an organization to get people to move more during the day?
- Does anyone want to share how they are using their commute as a way to move more or get exercise?