

GIVE ME A BREAK...

WORK RELIEF INFORMATION FOR UNIVERSITY STUDENTS WORKING FROM HOME



DID YOU KNOW

Sitting for greater than 7-8 hours per day, whether during work or leisure, increases your risk for (1):

- Type II Diabetes
- Musculoskeletal Discomfort
- Fatigue
- Obesity
- Cardiovascular Disease



+ Sedentary Activity Adds Up **+**

BOTH STANDING OR SITTING FOR TOO LONG CAN CAUSE DISCOMFORT

LISTEN TO YOUR BODY AND STRETCH, TAKE A BREAK, OR CHANGE POSITION AS NEEDED!

(2)(3)

HOW OFTEN SHOULD YOU MOVE?

For the number of hours you spend doing sedentary work, you should spend 25-50% of that total time standing or walking.

To see the greatest health benefits, for 8 hours of sedentary activity alternate between sitting and standing every 15 to 30 mins (2)(3).



FITNESS FACT



To mitigate the risks of a day of sedentary work you would need to do (1):

60-75 mins of moderate to vigorous exercise, like swimming or running

... but this will not make up for evening TV time



BE YOUR OWN DETECTIVE

Listen to your body and what it is telling you - the ache you feel may be your body asking you to stop and pay attention (4).

Possible symptoms of a work related injury may be: dull ache, numbness (especially at night), tingling/burning sensation, swelling, and more (4)



WORK-RELIEF EXERCISES

Work relief exercises are not a replacement for an ergonomic workspace, but they can help with the soreness and tension you may be experiencing (5).

How can you help her tell it best?

EYES



Try the 20/20/20 Rule: Take a break every 20 minutes by looking away for 20 seconds at something 20 feet away (6)

HANDS & WRISTS



Punch it: make a tight fist (3 seconds), and release - spread your fingers wide (3 seconds)
Shake It: bring your arms to your side, and give your arms/hands a shake (5)

SHOULDER/ARM



Reach: bring one arm across your chest, with your opposite arm carefully pull your elbow - feel the stretch for 10 seconds (4)

BACK



Arms Up: Bring your arms out straight in front of you, and float them up above your head. Pull your arms up like they're being stretched by an imaginary string (5).

NECK



Shrug it off: Bring your shoulders up to your ears (hold) and lower them.
Round & Round: Arms at your side, rotate your shoulders forward and back three times (5).

TIPS



- Listen to your body, get up and move at least every 50 mins (6)
- Set movement reminders in your smartphone (3)
- No stretch will work the same way as a proper workstation (5), download the app Ergoffice by EWIworks and set your desk up right!



REFERENCES:

