

NATIONAL WSH CAMPAIGN 2022

Physiotherapy Tips: Office and Industrial Ergonomics



Looks familiar?



Unhealthy sitting posture - how to tell?

Appearance

Stiffness, limited mobility

Aches, pain



Photo credit: liuh



Photo credit: physiocentre



Photo credit: istock

Why have a healthy sitting posture?

Less neck or back pain

Decelerate early wear & tear

Deeper inhalation

Better form during workout

Improve circulation & digestion

Taller in appearance – confident 😊



Photo credit: istock



Photo credit: independent



Photo credit: draendoscopy

Improving sitting posture - how?

Chair – height, surface, arm rest

Desk – height, depth

Back support – at middle back

Stool – when feet do not touch the floor

Screen height – eye level

Sitting duration – ideally not > 2hrs



Manual handling at work



Photo credit: safetyandhealthmagazine



Photo credit: safetyandhealthmagazine

Proper lifting technique



Photo credit: Airswift

Useful exercises

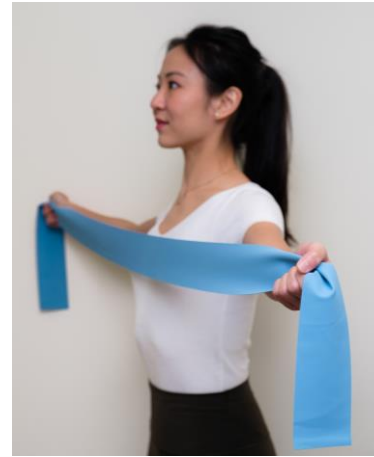
Neck

Shoulder

Chest/mid back

Lower back

Hips



Useful exercises

Squats

Deadlifts

Lunges



Photo credit: mensjournal



Photo credit: gettyimages



Photo credit: istock

When should you seek help?

Persistent, constant

Frequent

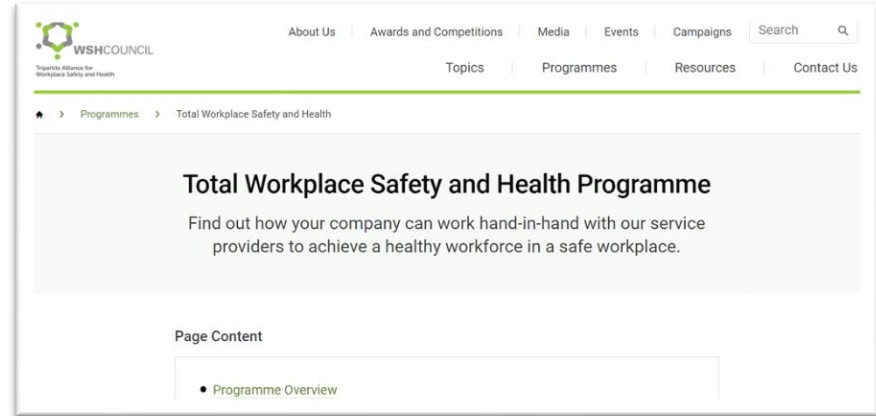
Moderate to severe intensity (pain score 5 / 10 and above)

Incomplete relief

Free-of-Charge TOTAL WSH Programme



Total WSH is an approach that looks at work, safety and health together to achieve workers' well-being.



Sign up here!



Thank you

