

NATIONAL WSH CAMPAIGN 2022

Physiotherapy Tips: Office and Industrial Ergonomics



Photo credit: safeatworkca



Looks familiar?







Photo credit: healthline



Unhealthy sitting posture - how to tell?

Appearance

Stiffness, limited mobility

Aches, pain









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: dhaendoscop



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



Proper lifting technique



Photo credit: Airswift



Useful exercises

Neck

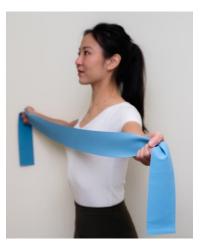
Shoulder

Chest/mid back

Lower back

Hips









Useful exercises

Squats

Deadlifts

Lunges





Photo credit: gettyimage



Photo credit: istock

Photo credit: mensjournal



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.



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Thank you

