

# Building healthy work habits

## Posture check in

Having good posture keeps your body aligned and is a preventative measure against musculoskeletal (MSK) conditions.



Bart Groen, Operations Director for Wellbeing Europe, has seven top tips to fix your posture:

- 1 Keep your back straight and elbows close to your body.
- 2 Ensure that both your feet are flat on the ground or on a foot rest.
- 3 Relax your shoulders while working on a keyboard.
- 4 Have a break and walk around every one to two hours.
- 5 Use an ergonomic chair that provides good lumbar support.
- 6 Try specific exercises to strengthen your back and improve spine alignment.
- 7 Switch up your position regularly. You can try a standing desk or walking meetings to avoid sitting in the same position all day.

# 27%

of all work-related ill health cases are due to MSK

# 33%

of employees with an MSK condition have not discussed this with their employer

# 10%

of current employees have an MSK-related condition