

Building healthy work habits

Posture check in

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



Jon Booker, Physical Health Expert at Westfield Health, 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 standing desks 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