



Get moving at work

Musculoskeletal disorders (MSDs) can result from a combination of risk factors. Among these, **lack of movement** and **lack of physical activity** at work.

Today, more and more people have **sedentary jobs** and spend too much time sitting.



Why is sedentary work hazardous for health?

Prolonged sitting can lead to:



Cardiovascular diseases



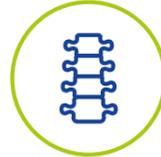
Type 2 diabetes



Loss of fitness and obesity



Muscle stiffness and weakness



Back pain / spinal disc compression



Certain types of cancer



Premature death

What can **employers** do?

Work-related MSDs need to be **prevented**, especially in a context in which sitting at the workplace is increasing.

There is a lot employers can do to tackle the issue:



Provide sit-stand workstations



Engage in awareness-raising and discussions with workers to get their ideas



Put it all into a policy



What can **workers** do?

Change posture frequently

- Between sitting, standing and moving around
- While sitting (dynamic sitting)



Take micro breaks and stretch every 20/30 minutes

Incorporate more movement and flexibility into daily working life

- Take the stairs
- Get up from the desk to eat, stretch, phone
- Drivers – take regular breaks and get out of the vehicle to eat, stretch, phone, rest



The 2020-22 campaign, *Healthy Workplaces Lighten the Load*, aims to raise awareness of work-related MSDs and the need to manage them and to promote a culture of risk prevention.