

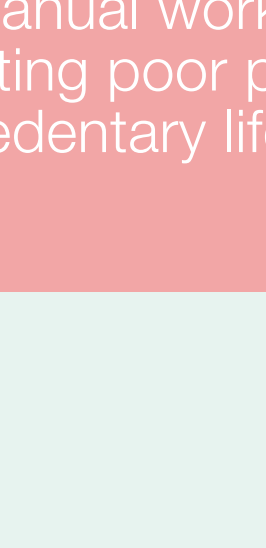
8 ways to help a bad back at work

It's not always possible to avoid back pain. The spine is a complex structure that plays a central role in supporting, moving and protecting our bodies. Back pain doesn't always have an obvious cause — there are many risk factors to consider: posture, ergonomics, exercise and poor movement.



Back pain has such a devastating effect on individuals and society as a whole that it should be every employer's focus to manage the risks in the workplace.

Back pain in the workplace*

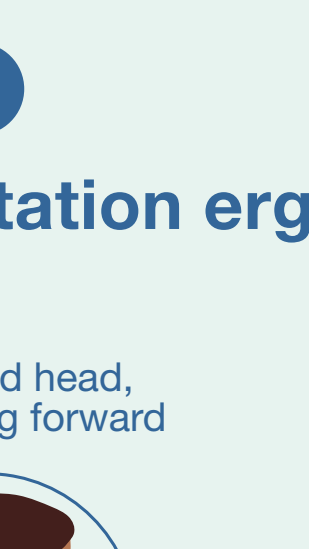


Treating back pain costs the NHS **£1 billion** a year

63% of managers experience back pain once a month, compared with **53%** of manual workers - with many citing poor posture and sedentary lifestyles as a cause



1 in 5 back pain sufferers have given up their job or reduced hours to cope with their condition



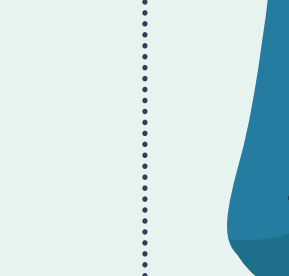
48% said they've been in pain for more than **five years**

Managing risks in the office

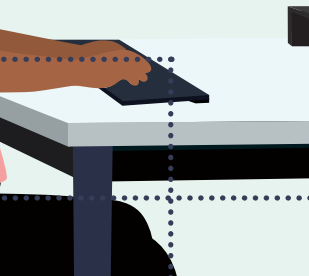
1

Check your workstation ergonomics

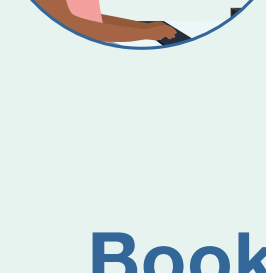
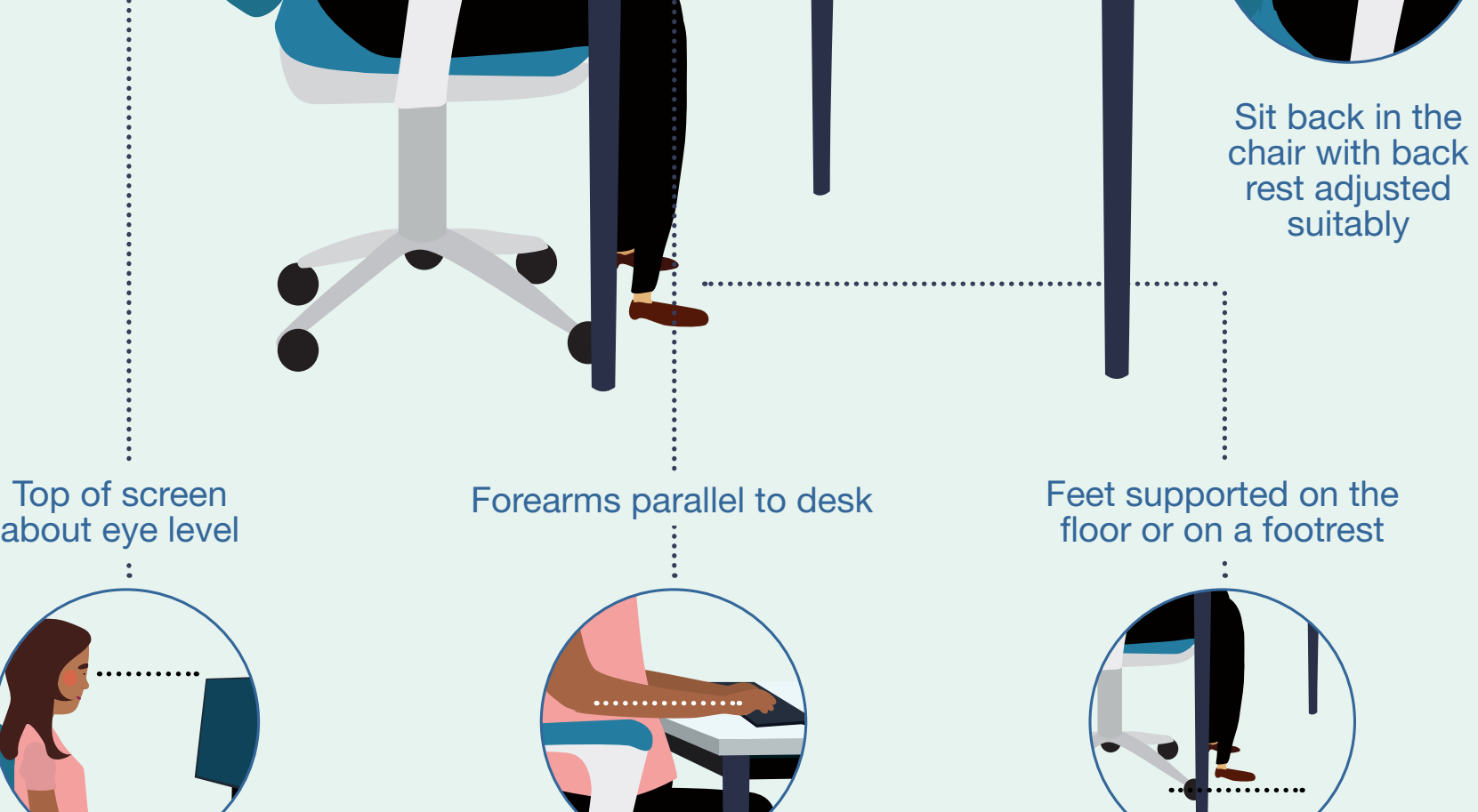
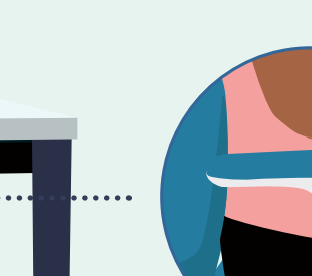
Arms relaxed by your side



Balanced head, not leaning forward



Screen approximately arm's length from you



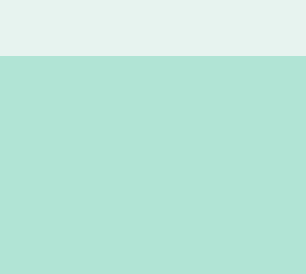
Top of screen about eye level



Forearms parallel to desk



Feet supported on the floor or on a footrest



Sit back in the chair with back rest adjusted suitably

Book a DSE workstation assessment

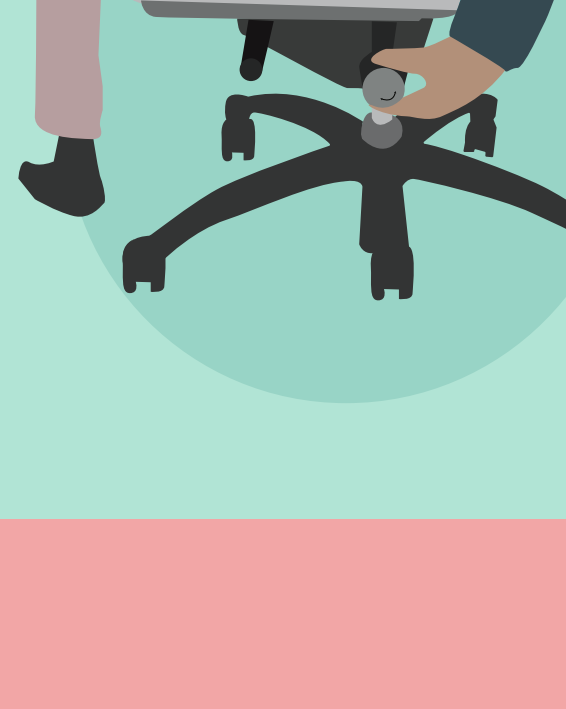
Our experts can help you adjust your workstation ergonomically

www.posturite.co.uk/dse-and-vehicle-assessments.html

2

Become an active worker

Use a sit-stand desk



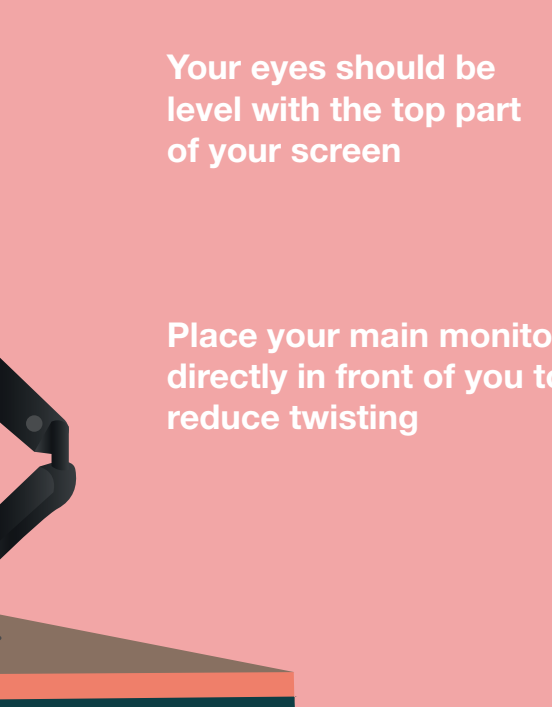
Regular stretching and moving breaks



Use a chair with a movement mechanism so you can rock while you sit



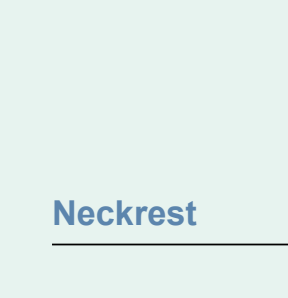
Walk, yoga, or sports on your lunch break



3

Make sure your monitors are adjusted properly

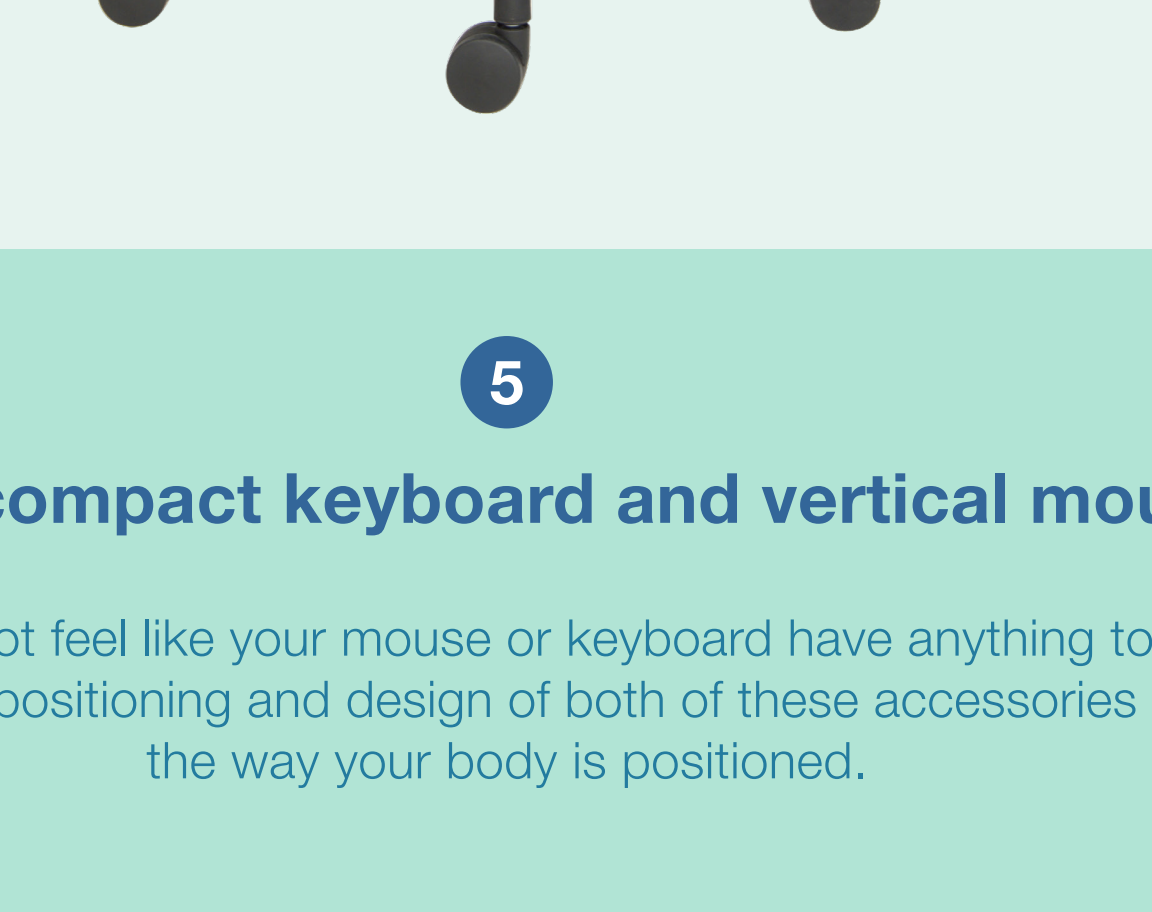
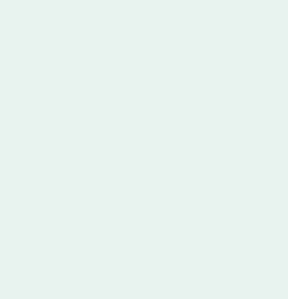
Make sure there's no glare from light sources



Sit about an arm's length away from your screen



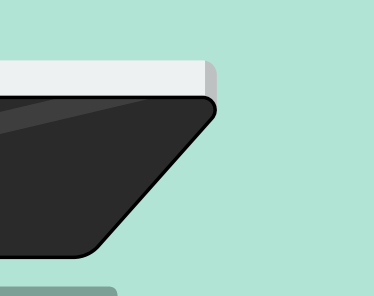
Sit back in the chair with back rest adjusted suitably



Your eyes should be level with the top part of your screen



Place your main monitor directly in front of you to reduce twisting



4

Use an ergonomic chair

Ergonomic chairs typically come with a range of adjustment features so you can position each part according to your body's proportions.

Neckrest

Backrest tilt/height

Lumbar support

Armrests

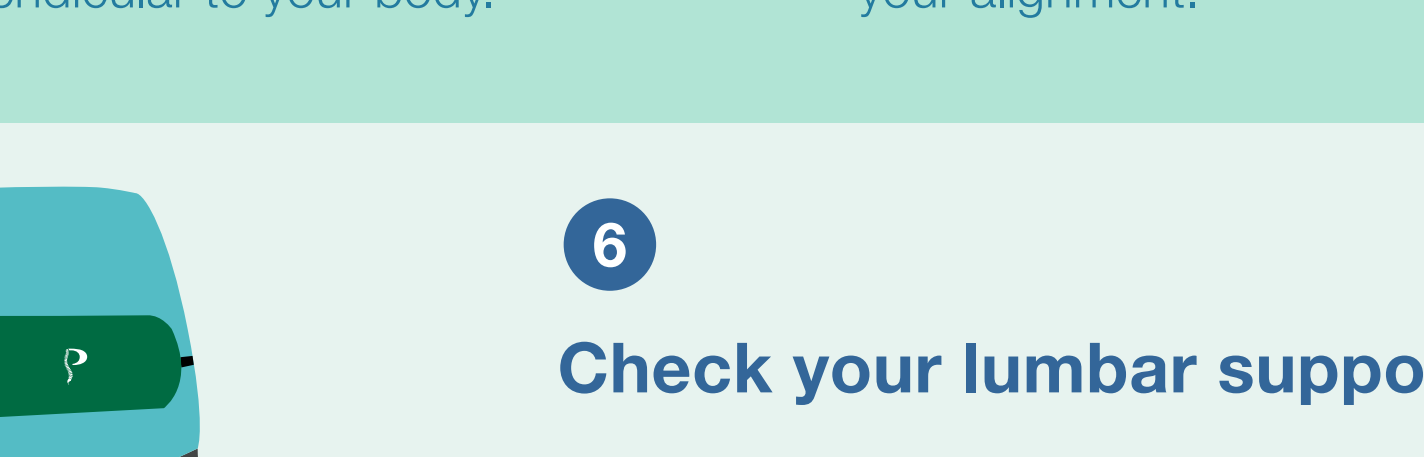
Seat tilt/depth

Gas stem height

5

Try a compact keyboard and vertical mouse

While it may not feel like your mouse or keyboard have anything to do with your back, the positioning and design of both of these accessories will affect the way your body is positioned.



Compact keyboard

Eliminates number pad to create shorter board to reduce the distance to your mouse and keep your forearms perpendicular to your body.

Vertical mouse

Positions your forearm in a neutral handshake position (rather than twisting as with a standard mouse) to improve your alignment.

6

Check your lumbar support



Not all chairs have sufficient lower back support, which over time can make you feel achy and even cause injury. If your chair back is too flat, try adding a lumbar roll. A lumbar roll is designed to sit in the inward curve of your lower back to improve sitting posture.

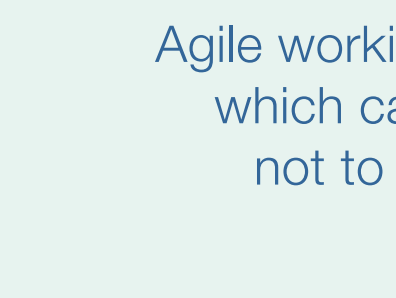
7

Pick up healthy working habits

Learn about good sitting postures for all the devices you use. If you use laptops or handheld devices, make sure you limit your usage or use suitable equipment like laptop and tablet stands.

Good laptop position

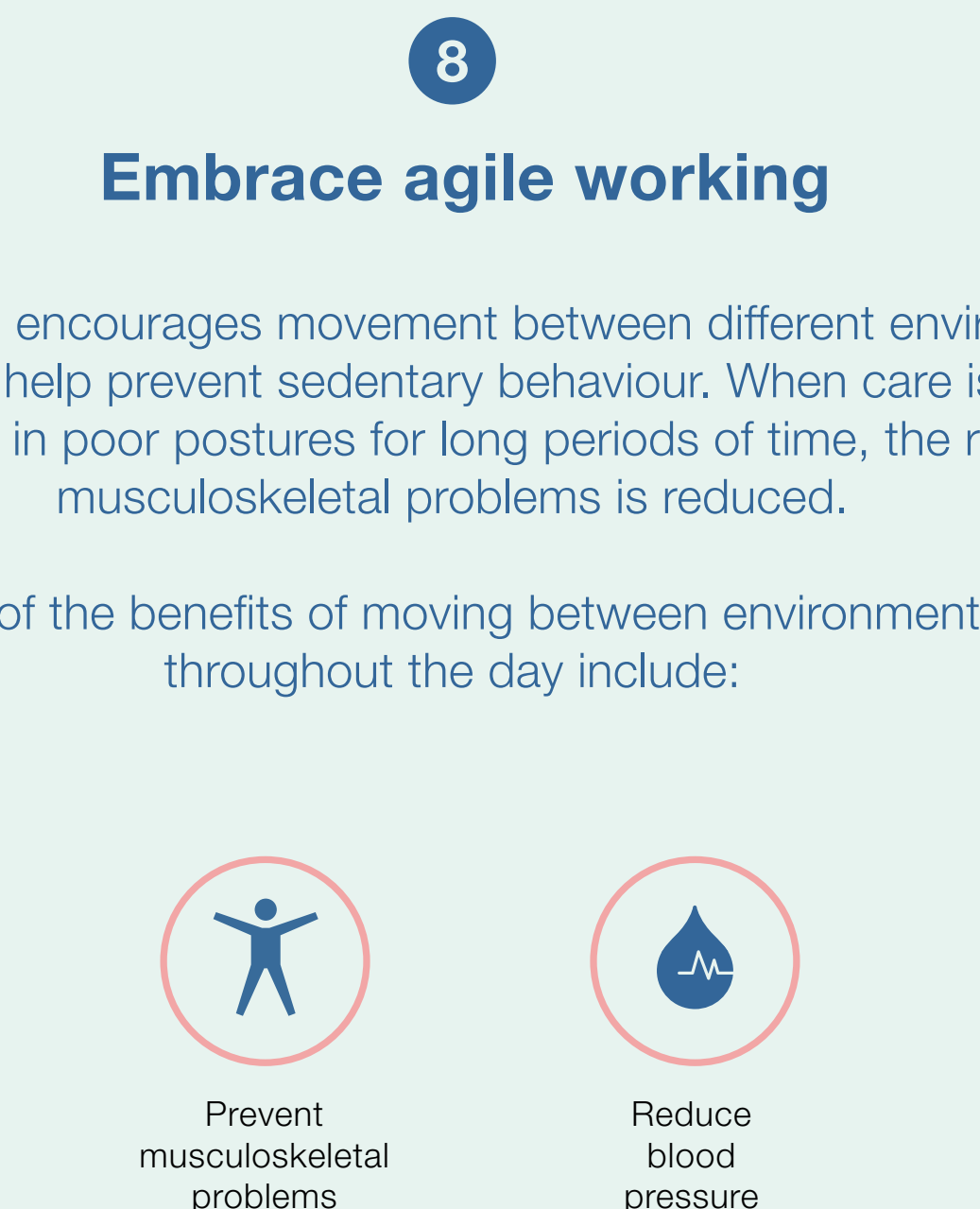
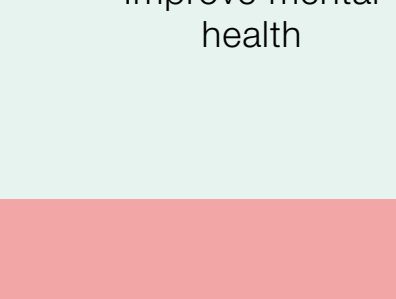
Top of screen at eye level, an arm's length away



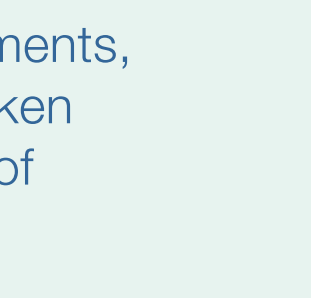
Forearms parallel to desk, relaxed by side



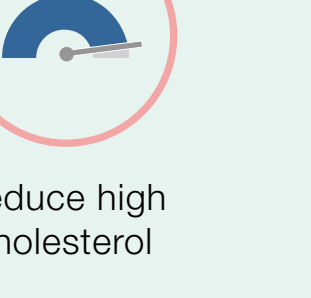
Space behind knees



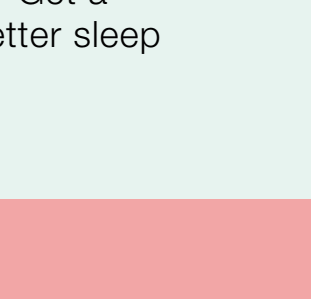
Balanced head, not hanging forward



Sit back in chair for better back support



Feet supported on the floor



8

Embrace agile working

Agile working encourages movement between different environments, which can help prevent sedentary behaviour. When care is taken not to sit in poor postures for long periods of time, the risk of musculoskeletal problems is reduced.

Some of the benefits of moving between environments ~ throughout the day include:

- Reduce risk of coronary heart disease
- Prevent musculoskeletal problems
- Reduce blood pressure
- Reduce high cholesterol
- Improve mental health
- Concentrate for longer
- Be more productive
- Get a better sleep

Useful resources

https://www.ninds.nih.gov/Disorders/Patient_Caregiver_Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet

*<https://www.news-medical.net/news/20181009/Survey-25-million-people-experience-back-pain-every-day-in-the-UK.aspx>

Learn more

We help build healthy, happy workplaces. Find out more at posturite.co.uk