Webinar series
Sit less and move more in Queensland workplaces

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Webinar Presenters

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Today’s webinar:

• What is sedentary behaviour?
• Why is it important?
  – To you
  – To the workplace
• Effective strategies to help you sit less, move more
Why have you tuned in?

a) Better understand the risk mainly for your **office workers**

b) Better understand the risk mainly for your **plant operators**

c) Better understand the risk mainly for your **transport drivers**

d) For personal interest
What is sedentary activity?

• Any waking behaviour which expends very little energy
• Does not include standing or sleeping
Important to consider activity across the day

- **Breakfast**: 15 mins
- **Transport to work**: 45 mins
- **Awake**: 7 am
- **Work on computer**: 3.5 hrs
- **Lunch**: 30 mins
- **Evening meal**: 30 mins
- **Work on computer**: 4 hrs
- **Transport from work**: 45 mins
- **Watch TV**: 4 hrs
- **Evening**: meal
- **Exercise**: – 30 min
- **Sitting Opportunities**: 15.5 hrs
- **Sleep**: 11 pm
How long did you sit for yesterday?

a) 0-4 hours
b) 4-8 hours
c) 8-12 hours
d) 12+ hours
Most of our day is spent sitting

- Sitting: 9.3 hrs/day (60%)
- Incidental movement: 6.5 hrs/day (35%)
- Exercise: 0.7 hrs/day (5%)
Physical activity expended at the workplace has dropped dramatically

1 in 2 men

1 in 5 men

Let’s make everyday harder

Source: Church et al., PLoS One 2011
Associated health risks of sedentary behaviour

- Musculoskeletal symptoms
- Diabetes (x2 risk)
- Cardiovascular diseases (x2 risk)
- Weight gain & development of obesity
- Metabolism changes & metabolic syndrome
- Colon cancer & more
Potential mechanisms

• Insufficient dynamic muscle activity
• Insufficient energy expenditure
• Lack of movement/postural variation
• Prolonged sitting without a break
• Reduced effect of gravity and others
Sitting: total amount & length of unbroken periods

Time of day

- Long periods without getting up particularly detrimental
  - Higher waist circumference
  - Higher levels of blood fats & blood sugars
Sit less & move more

Slow walking burns up 2.8 times more energy than sitting

Physical activity and sedentary behaviour

• What is the difference between the two?
• How does it impact on my health?

Make your move – Sit less – Be active for life!
Australian physical activity & sedentary behavior guidelines

**Physical Activity Guidelines**

- Doing any physical activity is better than doing none.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity, each week.

**Sedentary behaviour**

- Minimize the amount of time spent in prolonged sitting
- Break up prolonged sitting as often as possible

*Sit less throughout the day, stand up at least every 30 minutes*
Does your workplace currently have any strategies or policies in place to address the sedentary health risks?

a) Yes
b) No
Benefits of reducing sedentary health risks

- Reduced absenteeism
- Improved productivity and reduced presenteeism
- Reduced injury
- Staff attraction and retention
Ways to reducing sitting @work – multi component

Organisational  Physical Environment  Individual
Comparing different approaches

**Group 1** – Height adjustable workstations alone

**Group 2** – Multi-component strategies including; organisation, physical environment and individual strategies

**Group 3** – Control group (no changes required)


Workplace Sitting and Height-Adjustable Workstations: A Randomized Controlled Trial
1. Organisational Strategies

• Management commitment & visible support
• Policy
• Staff information sessions
• Champions for change
• Walking meetings
• Standing time on meeting agendas
• Regular emails to staff
• Team led initiatives
2. Physical environment strategies

- Sit to stand workstations
- Meeting rooms with standing desks
- Centrally located printer & bins
- Headsets to allow standing when on the phone
3. Individual strategies

• Standing during phone calls or when speaking to colleague
• Walk to colleagues not just emails
• Activity monitors
• Self monitoring
• Support other team members
Building capacity @ workplaces

- Sit less, move more - Train the champion resources toolkit
- Ergonomic guidelines for sit to stand computer workstations
- Sit less and move more – Webinars and presentations
- Long & short haul truck drivers – physical activity including sedentary work

Visit www.worksafe.qld.gov.au
Types of sit stand desks

**Full desk** – whole workstation is lowered or raised

**Table top style** - a separate unit positioned on non-adjustable desktop
Full desks

- Allows preferred posture for sitting and standing
- Allows for all desk items
- No limitation on work tasks
- Check height of desk can be raised ≥1200mm

Table top units

- Easier to move to other desks
- Various adjustment mechanisms
- Can compromise posture
- May need desk to be raised to suit tall staff
- Forearm support and monitor depth can be limited
- Check weight units can support (especially with multiple monitors)
- Usually cheaper
Using sit-stand desks

- Set up computer to suit individual needs (see Ergonomics guidelines for computer based work)
- Privacy between workers
- Gradually build up time in standing – listen to your body
- Alternate between sitting, standing and moving
- Multi level approach (maximise improvements)
- Anti-fatigue mats/comfy footwear
- Training and information for users
Key messages

• Sit less and move more during your day
• Reduce overall sitting time
• Aim to sit less than 30 minutes at a time
• Business benefits from reducing sedentary behaviour
• Use multi-component programs for best results:
  – Organisational
  – Physical environment and
  – Individual strategies
• More resources to be released
Questions?
Resources

www.worksafe.qld.gov.au

• Ergonomic guidelines for sit to stand workstations
• Ergonomic guidelines for computer based work
• Sedentary work

Comcare

Stand up Australia
https://www.medibank.com.au/content/dam/medibank/About-Us/pdfs/Stand_Up_Australia.pdf

Heart Foundation. Sitting less for adults.
Rehabilitation and Return to Work Coordinator Community

www.facebook.com/RRTWCnetwork/