

7 Tips To Maintain Your Health At The Office

Since the advent of personal computers and the Internet, everyone who works in an office environment has become increasingly more deskbound. To make matters worse, many people operate within the confines of a small office or cubicle with room for only a chair and a desk. As a result, soreness, stiffness and even injury in the work place have been on the rise. The #1 injury, which results in billions of dollars of workers compensation claims every year, has been carpal tunnel syndrome.



Uncomfortable Work Environments Will Have An Impact On An Employee's Productivity.

Research has proven that the more uncomfortable a worker feels, the less productive they are for their company. Although this is an obvious statement, some owners hold the opinion that any upgrades in comfort are an expense. If you work for someone like that, you should find the following cost-effective ways to prevent work-related soreness, stiffness and discomfort of great use.

7 Helpful & Healthy Tips For Working In An Uncomfortable Or Deskbound Work Environment.

Tip #1. Maintain Good Posture - Sitting behind a desk for long hours can lead to slouching or hunching over the keyboard. Should you find yourself doing this, it can lead to some type of back, neck and head pains. Sit up straight, make sure your feet touch the ground, relax your shoulders and rest your arms comfortably. This last point is especially important, since typing can seriously affect your wrists.

Tip #2. Stand While Taking Calls - If you spend a lot of time on the phone with clients, you have the perfect opportunity to stand up and move around. From a health perspective, this simple action burns more calories than remaining seated or stationary. We also suggest getting a wireless headset to keep from tilting your neck in order to cradle the phone.

Tip #3. Utilize Floor Space - Efficiency is not synonymous with laziness. Even though it may seem like an inconvenience, storing frequently used materials more than an arm's length away encourages you to bend and stretch your body more to obtain them. This is a perfect example of how a little exercise can prevent bigger pains further down the line.

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Tip #4. Take The Stairs - When the opportunity presents itself, take the stairs. If there are

multiple floors in your office building, use the stairs as often as possible to get things flowing and to stave off sluggishness.

Tip #5. Start A Walking Club During Lunch - Getting away from your desk is a great way to relieve stress. We often tell people to take laps around the office building and encourage other employees to join you for some socialization. This type of activity is a great way to clear your mind and make the rest of your workday seem more enjoyable.

Tip #6. Change Your Routine - Doing the same thing each day is not only boring, but it makes it difficult to stay focused. The best way to battle this is to change your routine. Try taking different routes when moving through the office, or relocating your waste bin every few days for tossing trash from your desk to improve hand-eye coordination. Always look for new ways to make each day a little different from the last.

Tip #7. Prevent Carpal Tunnel Syndrome - We suggest that you use an ergonomic keyboard to keep your wrist in a more natural position as well as taking breaks from typing. We also recommend doing some type of wrist stretches. Talk with your doctor about the proper preventative medicine or go online and Google carpal tunnel exercises.

Summary: The work environment can be a stressful environment. This stress can have a negative effect not only on your mental well-being, but also physical. Change up your work life by getting yourself out of your chair more often. Before long you, and your colleagues, will no doubt notice a vastly improved attitude.

Please contact us with any questions.



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