

Dr Andrew Rochford Partners with Officeworks To Provide Tips and Insights for Workspace Wellness

"My time in medical school was just before evidence began to build on the impact workplace habits (especially spending long hours hunched over a desk) have on our health.

"At the time I remember spending hours and hours hunched over books and suffered regularly with neck pain and headaches. Which in hindsight makes perfect sense.

"We are not created to sit at desks for long hours hunching our backs, craning our necks straining our eyes. Of course, the wrong workplace environment increases chances of back, neck and shoulder tension, as well as Headaches and even increased risk of chronic diseases.

"Since those days (and as my body has matured - which is a nice way of saying gotten older). I have become a lot more focused on good posture and habits all the time, especially whilst working at my computer.

"Nowadays I don't always sit to work. I find standing keeps me more awake and focussed as well as in a better physiological position. When I do sit, I make sure I have a chair that supports my lower back and puts my posture in a good position. I get up and move around as much as I can, and I definitely make sure the computer is positioned at a height that means I'm not constantly arching my neck over the keyboard to see the screen.

"What I've noticed, which is backed by growing research, is that not only am I free of pain, I actually get more done, It's brilliant! I am someone that firmly believes in efficiency and outcomes. Being more productive means I'm at my computer less and doing other things more. That's a win for me."

5 Tips to A Healthier Working Environment

Be aware of your posture

Take some time to research the perfect set up of your body at your workspace, this is a really simple way of wishing away those daily aches and pains. Some key things to remember are:

- Your screen should be in-line with your eyes so you don't need to look too far up or down throughout the day as this can strain your neck
- Ensure you are not slouched – an easy way to do this is by pulling your keyboard closer to you so you don't need to look too far up or down throughout the day as this can strain your neck.
- Plant both feet on the ground when both sitting and standing, try not to slouch or cross your legs as this can put un-even weight distribution on your knees and hips

Integrate a sit-stand desk into your workspace

Standing desks are an excellent alternative to your more traditional options – they are a great simple way to focus on your health and wellbeing while at the office as you can seamlessly switch between sitting and standing throughout the day to prevent from staying in the same position for too long. Officeworks has a great range of sit-stand furniture options to fit in any workspace, which you can view online [here](#). One study, Improving Worker Health: The Take-a-Stand Project, showed that back and neck pain was reduced by 54 per cent within four weeks of using a standing desk periodically throughout the day. Some of the other benefits include reduced fatigue, tension, depression, confusion and overall mood boost.

Set goals or timers to move your body

It is important that you don't stay in the same position for too long during the day, so set goals or timers to move around throughout the day so you don't forget. Don't be daunted by this tip, it can really be as simple as a walk around the block or even just a quick lap around the office (or the lounge if you work from home).

Invest in ergonomic accessories

Ergonomics are focused on arranging and designing things, so people use and interact with them in the most efficient and safe way. Rather than being simply about aesthetics, they are also a consideration under good [Workplace Health and Safety guidelines](#).

If you are going to use a sit-stand desk in the office or at home, it is also worth looking into an anti-fatigue mat. The [J.Burrows deluxe anti-fatigue mat](#) from Officeworks has in-built balls and slopes so you can stretch and massage your feet while you work.

Drink plenty of water

With such busy working lives, it is easy to forget to consume water throughout the day, however staying hydrated is so important for keeping us focused. Water is essential for basically all of the functions that you require on a daily basis to complete your job, so get yourself a big water bottle or jug and keep it on your desk as a reminder. [Discover the full range of office furniture at Officeworks.](#)