

IMPROVE POSTURE HABITS!

Sitting for long hours has become routine due to long office hours but this trend can take a toll on health

By **KSHITIZ MOHAN**

75% of the employees attend long conferences up to 2 hours every day

64% of the employees spend 9 hours sitting at the desk, in meetings or conferences

44% of the employees suffer from single pain problem

68% of the employees work continuously for 6 hours at their work station



56% of the employees suffer from multi pain problem

60% of the employees remain physically inactive during the working hours and don't exercise daily

76% of the employees complained about musculoskeletal pain

95% of the employees were unaware of the ill effects of static postures

stand the effects of static posture on their health. In line with the same, Godrej Interio offers Weekly Wellness Tips to take care of one's health in the light of changing work pattern and improving work productivity by improving the postures. You can subscribe to these wellness tips by writing at wellness@godrej.com.

The second step talks about Workplace Design Improvements. Godrej Interio supports organisations to design workspaces that encourage individuals to change postures. This includes, change in present seating systems by introducing sit-stand workstations and providing employees with different seating options like bean bags, bar stools and stand-up tables.

The final step includes employee behaviour training. Team of experts conduct training for employees across organisations. The training introduces the participants to the changing work trends and its implications, posture management, yoganomics. The employees are encouraged to help their employees to develop awareness about avoiding static posture.

Follow this space for more on 'The Mantras for a Healthier Lifestyle'. ■

THE EFFECTS of static postures on the health of office-goers are quite known. A research done by Godrej Interio, Ergonomics and Workspace research team, highlights some alarming facts about the correlation between MSDs (Musculoskeletal Disorders) and long hours of sitting.

Sitting Is Making Us Unhealthy!

Current work scenario involves long hours of sitting. Most of the office hours are

spent in a static position, working on computer/laptop. Direct network connectivity has trapped people to their screens and the need to move around to communicate in the office has decreased. Inactivity for over 30-40 minutes causes stiffness in the joints. The postural inactivity places a strain on the body, leading to fatigue and even spinal and skeletal injuries over time. The absence of movement can cause erosion of the spine bone altogether in certain sections. Not

only do the static postures add to the muscular effort required to do the task, but the lack of motion impedes the blood flow in the lower extremities.

What's The Remedy Then To This Endemic?

Based on the study and looking at its effect, Godrej Interio created a three step approach to sustain a healthier work force. The steps are — Awareness, Correction and Prevention. Awareness: it is important for organisations and their employees to under-