

# Wellbeing - Static postures; Exercise ; Natural remedies

Everyone is responsible for safety. Employers have a responsibility to ensure workplaces are safe and that work systems do not put workers at risk. Employees also have a responsibility to look after their own safety and the safety of others. Employers may provide ergonomic equipment, workstations and accessories but employees must use them correctly. Staff have a legal duty to follow instruction and not put themselves at risk.

The need to undertake risk assessments in some workplaces seems both obvious and desirable. Often the need to undertake risk assessments and ensure employee is overlooked in workplaces that do not appear to be “dangerous. Unfortunately hazards and risks are present in all workplaces. Sometimes they are physical; sometimes they are psychological or less overt.

## Static postures

The stresses and strains on the human body resulting from sitting at a desk for 7 or 8 hours a day are similar to the strains experienced driving a car for a similar amount of time. Computer rest breaks are just as important as rest breaks are necessary for long distance driving. Computer rest breaks can involve doing exercises and stretches or doing a different activity (e.g. filing, collecting papers from a printer, refreshment break).

Although academic research may be a passion and time spent carrying out such activities it is also important to check body posture regularly. Although the mind may be active and the information fascinating static postures whether it is caused by looking down a microscope or using a computer will contribute to physical fatigue. This is because maintaining a static posture and not moving (static loading) impedes the flow of blood that is needed to bring nutrients to the muscles and to carry away waste products of muscle metabolism.

For people who use computers for extended period's exposure to contact body stress may be a product of prolonged static loading. When muscles become fatigued computer operators often look for ways to rest the affected areas. Some May computer users may rest their arms or wrists on hard surfaces and edges of their workstation. However, low blood flow may still be a problem due to the lack of movement of the hand or wrist.

## Exercise

Regular exercise is essential to wellbeing. Heart disease has been linked to lack of exercise. High workloads and long hours limit the amount of time available for exercise. For some people sport and exercise is a priority for others it is not. None-the-less all employees need to do some exercise even if it is just taking a minute or so to do exercises or stretches every 20-30 minutes.

Stretches may not be the best solution for solving the cause of aches and pains but will probably reduce the symptoms.

<http://www.youtube.com/watch?v=uqvzcHWx270&NR=1&feature=fvwp>

Some exercises can be done seated or at your workstation

<http://www.youtube.com/watch?v=ciWW8DdN4Y4&feature=related>

## Natural remedies

There are many approaches to health & wellbeing. While conventional medicine is the choice for many there are also a range of alternative, natural or home remedies. The following link provides a list of ten natural remedy stress breakers. <http://www.youtube.com/watch?v=SgeOaygSgIY&feature=fvw>

1. Vitamin C and magnesium
2. Zinc and Vitamin B
3. Eat vegetables, fruit and whole grains
4. Supplements e.g. St Johns wart
5. Take small breaks
6. Use self-acupressure
7. Simple meditation
8. Yoga meditation
9. Breathe deeply
10. Take time out and enjoy life