

Top 5

Biggest BACK TRAPS in the office

Back pain costs the UK 31 million days of lost work. Just a few tweaks to the office could help reduce this number.



1 BEING A DESK SLUMPER

When you're in the zone it's easy to start slumping - but try to remember to activate your core while you sit. A good ergonomic office chair with an in-built tilt mechanism will help with that.

posturite.co.uk/ergonomic-chairs



2 POORLY SET-UP WORKSTATION

Who knew something as innocent as incorrectly placed equipment could cause so much pain? A quick self-DSE check will identify any problems with positioning.

posturite.co.uk/assessrite



3 LONG-DISTANCE TRAVEL

Long car journeys can literally be a pain in the neck (and back). If staff drive for work it's important to have their vehicle and driving position assessed.

posturite.co.uk/vehicle-assessment



4 INSUFFICIENT ACTIVITY

Staying in one position for too long can lead to injury. Keep moving with a sit-stand desk, and shift your position throughout the day.

posturite.co.uk/sit-stand



5 HEAVY LIFTING

Heavy lifting is one of the most common causes of back injury in the workplace. Make sure staff get proper training in how to lift correctly.

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