

SEPTEMBER SAFETY SEGMENTS: STANDING ERGONOMICS



Regardless if your work is done standing or sitting everyone can participate in injury prevention activities. In fact, injury prevention is just as important for those workers who stand for a prolonged period to complete their work.

INJURY PREVENTION FOR STANDING

DIRECTIONS

Everyone has heard that sitting for too long is bad for your health but standing can also be harmful. Watch this quick 4 min video for [5 Standing Exercises](#) that you can do, while working, to help with the discomfort of standing for prolonged periods.

SAFETY SEGMENT ACTIVITY

- After watching the video lead the staff through the 5 exercises.
- Encourage workers to use these exercises while they are working.

