

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## I'M STILL STANDING!

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Sedentary jobs (jobs that require sitting) make up more than 80% of the United States workforce. Add in active sitting jobs like machine operators and truck drivers, and you have almost nine out of ten people sitting for 8-10 hours a day. Prolonged sitting can lead to complications in a person's health and well-being. But what if I told you that there are ways to counter these health risks and also prevent them all together?



Please begin by **STANDING UP** as you read the rest of this slide!

### SEDENTARY INACTIVITY


Regardless of what type of sitting you do for your job, there can be health risks. Here are a few major risks to know:

**Muscle deconditioning/fatigue:** For someone who works at a desk all day, sitting prevents the use and contraction of muscles, leading to atrophy and weakness. Muscular deconditioning and fatigue also occurs in someone who does a bit more active job like driving a forklift or other type of vehicle operation.

**Cardiovascular disease:** Prolonged sitting can increase the risk of diabetes, weight gain, and high/low blood pressure, potentially leading to heart attacks or strokes due to reduced fat utilization and increased plaque buildup, regardless of activity level.

### STAND UP TO SITTING

We spend more than half of our lives doing sedentary activity. That's about 12 hours a day we spend just sitting! Here are some measures we can take during and outside of work to prevent some of the health risks mentioned:

- **Schedule** a visit with your doctor for a yearly checkup. Not only will a doctor evaluate you, but you'll also have a better understanding of your health with a blood test!
- **Perform** a microstretch every 30 minutes to stand up, stretch, or walk.
- **Use** a stand up desk if you are able to access one.
- **Exercise** outside of work (or utilize the gym you have at your worksite). You only need 60-75 minutes of vigorous physical activity to counter some of the health risks listed in the previous section. 

READ MORE BY  
SCANNING THE QR CODE!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

