

How to Exercise Right at Work

MANUFACTURING, TRANSPORT & LOGISTICS

Although their skillsets may vary and jobs differ, those working across the Manufacturing, Transport & Logistics sectors face a unique set of conditions and challenges when it comes to their everyday workday.

This kind of work can involve awkward lifting, repetitive movements, as well as pushing and pulling that can cause wear and tear on the body. Some factory and transport work may also involve sitting for extended periods of time which can have devastating consequences to health if not managed appropriately.

+ COMMON HEALTH RISKS FOR EMPLOYEES

Hazards and risks found in a workplace will depend upon the type and frequency of the task being performed, however the biggest health concern for those in the manufacturing and transport sectors are the effects of prolonged sedentary time and incidence of musculoskeletal injury.

Truck and taxi drivers generally suffer musculoskeletal disorders from prolonged sitting, in addition to the associated risks of sedentary behaviour over long periods.

According to WorkSafe Victoria, the transport industry has a unique set of conditions that means it is high risk when it comes to the health and wellbeing of its workers.

Results of a survey by the Department of Health and Ageing showed:

- 82.5% were overweight or obese
- 79.8% low physical inactivity

The industry also has an ageing workforce with 46 % of workers over the age of 45. This means almost half of workers are in age groups that have a higher rate of injury and illness than younger workers.

These ailments and injuries can have a devastating impact on a person's career, finances and family life, but some simple workplace exercises could help ease pain and reduce the number of workers injured on the job.



? WHY IS EXERCISE SO IMPORTANT?

The benefits of participating in exercise include:

- Maintaining a healthy weight
- Boosting mood and energy levels

- Improving quality of life
- Improving functional capacity and independence
- Improving quality of sleep and stress relief
- Assisting in the prevention and management of a variety of lifestyle related diseases
- Decrease sedentary behaviour

EXERCISE RIGHT RECOMMENDS

USE PROPER TECHNIQUE WHEN BENDING OR LIFTING

A no-brainer, but something people quickly become complacent about. Spend the extra time to lift safely so that you avoid the pain of injury and forced time away from work.

PLAN OUT YOUR DAY

We understand your hours can be difficult. That's where planning in advance can really help. Spending 5 minutes identifying when

and where you can add little bit of movement means you're more likely to actually follow through with it.

CONVENIENCE IS THE KEY

The best time would be to complete an exercise session during your pit-stop or work break. Consider completing 30-45 minutes' aerobic exercise, something as simple as a brisk walk.