



Mount Sinai

Selikoff Centers for Occupational Health

Tips for ANYTIME — ANYWHERE

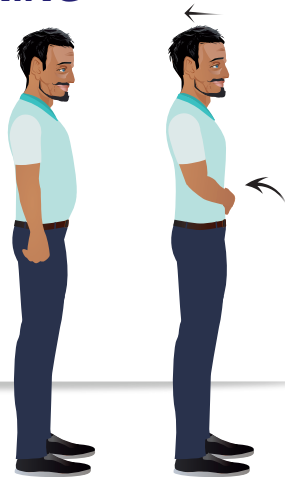
- » Sedentary work can increase risk of injury whether you are a computer user, cashier, or a truck driver.
- » Decreased movement can cause tight muscles and stiff joints, and can increase the incidence of Type 2 diabetes, cardiovascular disease, and even cancer.
- » For substantial health benefits, adults should aim for moderate intensity physical activity of at least 150 to 300 minutes per week.

This guide is intended to help you get started with practicing healthier work habits.

CORE STRENGTHENING

Promote Better Posture

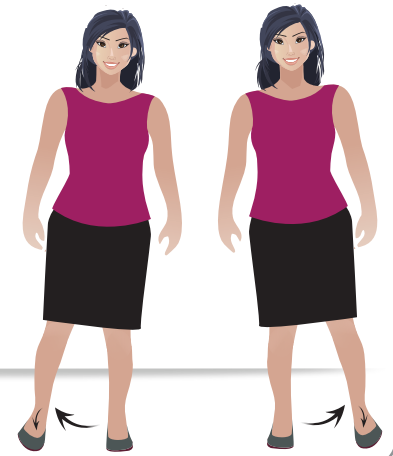
- Legs hip width apart
- Pull in stomach muscles
- Relax your shoulders
- Adjust head position over shoulders
- Don't hold your breath



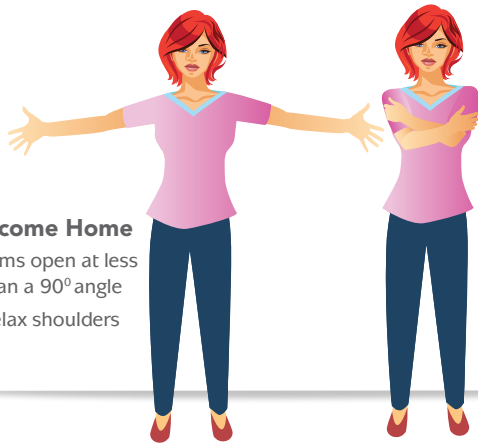
DYNAMIC STANDING

Movement is Key

- Shift body weight from one foot to another
- Weight-shift anytime at work or home
- Footwear with rubber soles is always preferred
- Move for two minutes every ½ hour



UPPER BODY STRETCHES



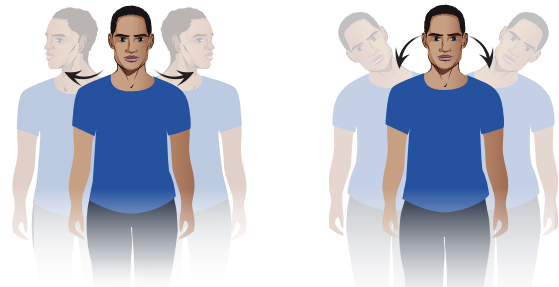
Welcome Home

- Arms open at less than a 90° angle
- Relax shoulders

Self Hug

- For a deeper stretch, walk fingers around your upper arms

NECK STRETCHES



Head Rotation

- Rotate head slowly to each side
- Keep chin level when rotating

Side Stretch

- Look ahead; bring ear toward your shoulder; hold for five seconds
- Bring head up slowly and repeat on other side

BUILD A SAFE COMMUNITY



ERGO-TIPS:

- » Make Ergo-Friends: remind each other to take breaks & move
- » Stretch to the point of comfort, not beyond
- » Hold the stretches for five seconds
- » Release stretches slowly



**Mount
Sinai**

*Selikoff Centers for
Occupational Health*

WHAT TO DO IF YOU GET HURT

In case of an injury or medical emergency, seek treatment at the nearest emergency room or urgent care facility. After appropriate first aid is applied, if further treatment is needed, visit an occupational health specialist who can provide treatment and tools to help you heal and to prevent further injury.

The Selikoff Centers for Occupational Health

are dedicated to preventing, diagnosing and treating work-related injuries and illnesses. Our multilingual team of board-certified occupational medicine physicians, industrial hygienists, ergonomists, Workers' Compensation coordinators, and social workers provide patient-centered services for workers and retirees in New York City and the Mid-Hudson Valley.



@workerhealth



@SinaiOccMed

Learn more about workplace health and safety

www.mountsinai.org/selikoffapp

Search "Selikoff" in the App Store or Google Play Store



Scan this QR code
with your Android
or iOS device

888.702.0630
www.mountsinai.org/selikoff

This information is for educational purposes only and is not intended as a substitute for medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you have regarding your medical care.