



TOP TIPS:

7 Top Tips on Managing the Health & Safety of Sedentary Workers

Sedentary working increases the risk of developing certain health problems and can have a long-term impact on employees' psychological wellbeing.

As an employer, you are responsible for the wellbeing of your employees. Here's a few guidelines on how you can effectively manage the health & safety of your sedentary workers:

01 Encourage gentle exercise and walking throughout the day to improve circulation

02 Ensure any employees that are seated for most of the day take regular breaks

03 Consider rotating tasks such as filing, photocopying, or even making a coffee

04 Train key staff on how to use an AED, and how to perform CPR

05 Get consent to share medical information with relevant managers and first aiders

06 Ensure suitable medication is available, such as epi-pens, inhalers, or aspirin

07 Encourage all staff to drink water to combat dehydration—this can exacerbate any existing medical conditions, particularly in sedentary roles

