

The Sedentary Office is on the verge of becoming a major source of workers' compensation claims...Get prepared

The Sedentary Office is on the verge of becoming a major source of workers' compensation claims, what's your plan for ensuring your employees health are not affected by this recognised source of physical and mental stress and injury?

Sitting-to-standing desks are a highly recommended option however come with a serious price tag.

'Sitting-to-standing desks or restructuring a workplace to require employees to walk around more often can be effective solutions if an employer has "an enormous budget", says physiotherapist Anna-Louise Bouvier.

For many businesses, however, changing the environment is "completely unrealistic".

A more realistic approach is to educate workers using "bite-size" pieces of information based over multiple platforms, as "behaviour is not going to change from a poster on the wall or a one hour lecture", Bouvier says.

https://www.ohsalert.com.au/n106_news...lkey=50946

If your office hasn't looked into this issue before or it's in the 'too hard' basket, inexpensive solutions are at hand, even for the toughest customer.

Encouraging particular groups, such as men 30 - 65 years, in a sedentary office environment to participate in Occupational Health and Safety is one of the greatest challenges facing management. This age group are the highest representation of 'managers' and have knowledge of the risks associated with a sedentary office yet also form the largest percentage of people susceptible to heart disease and stroke, even the threat of death isn't enough to get people moving!

If you're one of those who employ a few sport loving, yoga avert blokes, our Australian company, Golf Swing Right Now have the solution...

Golf!

For starters, golf and business are inextricably linked so any manager who plays or has golfing staff have sales and marketing resources of the best form.

GSRN's Timing Improver, an indoor golf swing device is used to generate purposeful movement; coupled with stretching exercises using the club to warm up shoulder, neck and back muscles; released endorphins from the feel of a club in your hands on a week day and most importantly of all; endorsed by PGA Professionals and plenty of reviews support the claim it improves golf score cards on a consistent basis with a few minutes per day use. Increased use for health purposes (ie more than 3 minutes per day) increases rewards on score cards.

Tax deductible as a health device and part of your Sedentary Office OH&S plan, Golf Swing Right Now offer a money back guarantee on it's effectiveness and suitability of your office and a 5 year warranty on the product itself. For \$99.95, it's an exceptionally cheap solution to sedentary work risks for a difficult yet suseptable work force.

For orders of 5 or more, contact us at sales@golfswingrightnow.com for a wholesale price.