

# Essential Steps: Sedentary Work

40  
PERCENT

of people are more likely to die prematurely if sitting between 8-11 hours per day<sup>1</sup>

50  
PERCENT

increase in the risk of heart disease associated with sedentary work, even if exercising regularly<sup>2</sup>

7  
HOURS

or more of sedentary behaviour per day is likely to be detrimental to health<sup>3</sup>

## Steps to safety

01

Vary tasks so that there is a change in posture and muscles used.

02

Invest in height-adjustable desks to allow workers to alternate between sitting and standing.

03

Encourage workers to eat lunch away from their desk.

Refer to the relevant safety authority in your jurisdiction for further information

1. <https://www.safeworkaustralia.gov.au/system/files/documents/1702/literature-review-of-the-hazards-of-sedentary-work.pdf>

2. [https://www.comcare.gov.au/preventing/hazards/physical\\_hazards/sedentary\\_work#one](https://www.comcare.gov.au/preventing/hazards/physical_hazards/sedentary_work#one)

3. <https://www.safeworkaustralia.gov.au/system/files/documents/1702/literature-review-of-the-hazards-of-sedentary-work.pdf>

