Staff energy and posture checklist

One page to look at your team's working day before you plan for it.

WHY IT MATTERS

> 53% of workers with bone, joint or muscle problems were off work in a year, against 32% of workers with no health problem.
>
> Source: EU-OSHA, 2019 (data 2015). https://osha.europa.eu/sites/default/files/Work-related_MSDs_prevalence_costs_and_demographics_in_the_EU_report.pdf

> "Presenteeism: experiencing pain at work as a result of an MSD is likely to affect performance and productivity."
>
> Source: EU-OSHA Healthy Workplaces, "Lighten the Load", 2020–22. https://healthy-workplaces.osha.europa.eu/en/previous-campaigns/musculoskeletal-disorders-2020-22/business-case

LOOK AT THE WORKING DAY

- [ ] Where in the day do people **sit** for long stretches?
- [ ] Where do they **stand, lift, carry or drive**?
- [ ] Which tasks **repeat** many times a shift?
- [ ] Is there a **planned moment to move** during the shift?
- [ ] Does each person know **one quick reset** they can do where they work, in the clothes they wear?
- [ ] Can people **adjust** their chair, desk, seat or working height?
- [ ] Can managers use a **one-minute posture check** at a meeting?
- [ ] Does the routine **go home** with people, on paper or on their phone?
- [ ] Do people know: **numbness, weakness or spreading pain: see a doctor**?

WHAT A SEMINAR WITH VICTOR STARTS WITH

Start with the job

Where sitting, standing, lifting or carrying shows up in the day.

Practise on the floor

Fascia releases and movement resets, with the space you have.

Take it back to work

A protocol card, and the Desk to mat routine as one link.

Ninety minutes, on your site. Educational content, not medical advice.

Plan a seminar: **book a one-hour online meeting**
Talk to Victor: **ppwellness.co/contact** · **victor@ppwellness.co**

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