HEALTH & WELLNESS

The Pulse Newsletter

The Baldwin Group

BY THE NUMBERS

25%

Increase in productivity with proper ergonomics according to a study published in *Applied Ergonomics.*

30%

Of all workplace injuries that result in days away from work are due to musculoskeletal disorders.

Source: OSHA

STAND TALL!

The key to fixing poor posture is strengthening and stretching your muscles in the following areas: upper back, chest, and core. Check out this article, *Is it too late to save your posture?* by Harvard Health.

Short answer: It's never too late to make improvements.

FOCUS

Ergonomics 101

When was the last time you stretched it out? Or checked out your posture when lifting a heavy item? This month, we're focusing on the basics of ergonomics. Whether you work from home or in an office, having the right workspace can go a long way in preventing musculoskeletal disorders.

Relax your shoulders, sit upright and take a look at this month's edition.

DETAIL

Let's focus on good health AND good form

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

With screen time ever increasing and sitting as the norm, the importance of good posture gets overlooked. Ergonomics is the science of designing and arranging workspaces, tools and tasks to fit your needs, minimizing discomfort and the risk of injury. It involves proper workstation setup, appropriate lighting, and equipment that reduces strain. When combined with wellness, its focus is on injury prevention and improving productivity. Poor ergonomic conditions are a leading cause of musculoskeletal disorders (MSDs), such as carpal tunnel syndrome, lower back pain, and tendonitis.

Good posture and good ergonomic practices can improve blood circulation and allow for more efficient breathing. It can also reduce the risk of chronic pain and improve overall quality of life. Staying active, taking a break after sitting for long periods, and practicing mindfulness can help improve your posture and, in turn, your health. Good form isn't just about the aesthetics - it's a pillar of good health. Check out the **Cleveland Clinic** about maintaining good posture in daily life.